

**A STUDY OF EGO IDENTITY STATUS OF MARITAL DYADS  
AND THEIR SENSE OF INTIMACY AND  
PERCEPTION OF RELATIONSHIPS**

**A Thesis Submitted  
In Partial Fulfilment of the Requirements  
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DOCTOR OF PHILOSOPHY**

**By  
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**to the  
DEPARTMENT OF HUMANITIES AND SOCIAL SCIENCES  
INDIAN INSTITUTE OF TECHNOLOGY, KANPUR  
APRIL, 1979**

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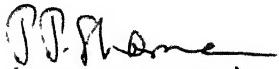
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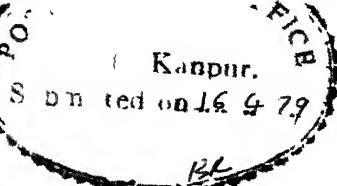
  
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Thesis Supervisor

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SYNOPSIS

The main aim of the present study was to investigate the nature of differences, if any, in the sense of intimacy as well as in the dyadic perception of relationship issues among couples assessed for their ego identity statuses. Marcia's (1964) 'ego identity status' is an empirically derived concept from Erikson's (1968) construct of ego identity. Ego identity is defined as a subjective feeling arising from self perceptions of continuity running through one's past, present and future. It is further characterized by a sense of inner completeness in the face of vicissitudes of the external world. This sense of integrity is gradually build through the various stages of development starting from the initial phase of self-object differentiation in infancy to the final phase of integration in old age. According to Erikson (1968), each of the eight stages, labelled as trust, autonomy, initiative, industry, ego identity, intimacy, generativity and integration is systematically related to all others and each one gets differentiated from the components of previous stages,

gradually unfolding into ascendancy in the expected sequence. "Crisis" of each stage, if met successfully, prepares the person to learn the tasks of the next stage. Sequential progression of these stages gets disturbed if the tasks of a particular stage are not learned or the dilemmas aroused by the "crisis" of the stage not resolved within the specific phase.

Marcia (1964) empirically demonstrated that adolescents at the fifth stage of identity development adopted different ways of coping with the dilemmas of this stage. Marcia identified four styles which adolescents generally used in coping with the identity issues. These styles, called identity statuses, were determined by investigating the presence or the absence of a decision making period (crisis) and the degree of investment (commitment) in the decisions related to the issues of occupation, ideology and sexual role.

Identity Achieved (IA) people appeared to have undergone a period of indecision about a number of competing alternatives from which they finally made a choice. Foreclosed (FC) people seemed to have experienced few doubts and made few choices. They simply believed and planned what they had always believed and planned to be. They were committed individuals who had preempted the active decision making. Moratoriums (M) were characterized by a state of current indecision and struggle among alternatives thus withholding their commitment.

Identity Diffused (ID) remained uncommitted whether they

experienced the crises or not. Theoretically, these four styles of coping with the identity issue influenced the preparation of the youth for the next stage when developing a sense of intimacy becomes the focus of growth.

The review of the available literature revealed that these coping measures had a positive and a linear relationship with the development of sense of intimacy (Hinsl r, 1972; Marcia, 1977; Orlofsky, Marcia & Lesser, 1973). The Identity Achieved people were found different from other identity status people in their interpersonal, perceptual and cognitive styles (Bob, 1968; Josselson, 1973; Donovan, 1975). Studies of psychological correlates, namely, self esteem (Brur, 1973; Marcia, 1967), moral reasoning (Podd, 1972; Poppen, 1974), style of cognition (Bob, 1968), college behavior pattern (Waterman & Waterman, 1972) and impulse expression (Malteson, 1974) revealed differences among males belonging to four identity statuses. A pattern of progression from Identity Diffusion-Foreclosure-Moratorium-Identity Achievement was reflected in males. On the other hand, unlike males, studies of psychological correlates of females' ego identity status (Schenkal, 1973; Toder & Marcia, 1972) revealed an interesting pattern of similarity between the Identity Achieved and the Foreclosed females on the one hand and between the Moratoriums and the Identity Diffused on the other.

In another area, studies on marital relationship suggested the importance of personality variables in determining

the nature and the quality of relationship between the spouses (Halvasa & Podrobsky, 1973). Reports of mature (Lidz, 1968), mutual, pseudo-mutual and non-mutual (Wynne, Ryneroff, Hirsch & Day, 1958), collusive and intimate marriages (Ehrenberg, 1975) reflected differences in the development of self in earlier years and later marital relationships.

Earlier studies of marital relationships rarely adopted psychosocial approach to develop it. Studies of identity-intimacy progression were limited only to the adolescent population. A few studies (Miller, 1977; Joyce, 1970) of the quality of intimacy developed after marriage had only female subjects and were not sufficiently conclusive in their findings. None of the available studies of marital relationship considered spouses' maturity level in dyadic terms.

On the bases of Erikson's theoretical framework and that of findings of available research in interpersonal relationships and dyadic interactions, several specific hypotheses were formulated about differences in the identity status of couples and their corresponding differences in the experience of intimacy and in perception of relationships with each other. Generally, it was expected that couples who were higher on the progression of identity achievement would manifest higher sense of intimacy and more accuracy, mutuality and understanding in their perceptions of relationship when compared with those who were identified lower on the identity

status. Furthermore, it was expected that couples of dissimilar identity status would bear upon the experience of the other in a way different from couples of similar identity levels. The levels of identity status would manifest dynamic interactions in a dyad, over and above the psychosocial maturity of any one spouse.

With the objective of testing these hypotheses, 93 couples were assessed for their identity status level, out of which 45 couples were selected on the basis of numbers available for a particular pairing of identity status in a dyad. Ten Identity Achieved Wives - Identity Achieved Husbands (I-I Dyads), 19 Foreclosed Wives - Identity Achieved Husbands (F-I Dyads) and 16 Foreclosed Wives - Foreclosed Husbands (F-F Dyads) were chosen for further testing. The mean age of female spouses was  $24.04 \pm 1.84$  years and male spouses was  $28.88 \pm 2.48$  years. The average duration of their marriage was  $3.5 \pm 2.32$  years.

Measures such as Psychosocial Maturity Questionnaire (Dignan, 1965; Constantinople, 1965; Rasmussen, 1964), Intimacy Questionnaire (Constantinople, 1969, Rasmussen, 1964), Interpersonal Perception Method (Lalag, Millipson & Lee, 1966) were used to assess those couples individually for their sense of trust, autonomy, initiative, industry and ego identity on the one hand and emotional closeness, distantiation and their perspectives on crucial relationship issues on the other.

Besides providing a check on the level of identity status arrived through interviewing of couples, a stagewise index of growth for the preceding five stages was obtained from it. This yielded a detailed picture of levels of resolution arrived at each stage of development.

In analysing the scores yielded by the Psychosocial Maturity Questionnaire, the Identity Achieved (IA) males were observed to be significantly higher not only in their overall psychosocial maturity ( $p < .01$ ) but also in their stepwise development of stages ( $p < .001$ ) specially of trust, autonomy, and initiative when compared with the Foreclosed (FC) males. In addition to this, the pattern of development through the initial stages reflected significantly more unresolved conflicts for the FC males than for the IA males. Similarly, the IA females were also found higher than the FC females in their overall psychosocial maturity ( $p < .01$ ) as well as in their stepwise development of stages ( $p < .001$ ), namely, trust, autonomy, initiative, industry and ego identity.

Analysis of scores further indicated that the IA wives were higher in their individual scores of intimacy ( $p < .01$ ) than the FC wives. Contrary to our expectations, this difference was not clearly observed in the case of husbands. But the dyadic analysis of intimacy scores demonstrated a higher level of intimacy between the I-I dyads than in F-F dyads ( $p < .001$ ). On the other hand, the level of emotional closeness

of the I-I and the F-I dyads remained more or less similar even though wives were of low identity status in the F-I dyads. Further exploration of intimacy experiences of marital dyads revealed that in the I-I dyads, both the IA spouses experienced more emotional closeness than the F-F dyads ( $p < .01$ ). The IA wives of the I-I dyads were also found capable of accepting those others who differed from them in their viewpoints. At the same time, they were also capable of expressing these differences openly ( $p < .01$ ). But this aspect was not observed in the husbands. Spouses of the F-I dyads were found similar to spouses of the I-I dyads regarding the acceptance and expression of these aspects in the other which were dissimilar to them.

Confirming our expectations again, following were the major findings regarding the dyadic perception of couples about their relationships:-

- 1). Spouses of the I-I dyads revealed higher congruence ( $p < .001$ ), understanding ( $p < .005$ ), feelings of being understood ( $p < .001$ ), and realization of understanding ( $p < .001$ ) on relationship dimensions than couples of the F-F and the F-I dyads.
- 2). Spouses of the I-I dyads also manifested greater understanding of the agreed upon issues ( $p < .001$ ), realization of the understanding of partners ( $p < .001$ ), feelings of being understood correctly ( $p < .001$ ) in comparison to the spouses of the F-F and the F-I dyads.

3). The I-I couples had fewer misunderstandings over the disagreed upon issues ( $p < .01$ ), lesser failures in realizing the understanding of their partners ( $p < .01$ ) as well as fewer feelings of being misunderstood incorrectly ( $p < .01$ ) than those of the F-I and the F-F couples.

These findings seemed to suggest that favourable negotiations of crises of the earlier stages provided necessary strength and cohesiveness to the personality of the Identity Achieved spouses to handle the subsequent crisis of intimacy. Development of a sense of integrity made them less vulnerable to experiencing emotionally close, warm and spontaneous relationship. It was, as if, they could lose their identity temporarily because they were secure in having achieved it. When necessary, they could also relate with those people and ideals which were not harmonious with their values because of their inner sense of commitment. Identity Achieved dyads' (I-I) experience of commitment were found to be 'healthier' as well as qualitatively different from those of low identity status dyads (F-F). In addition to this, the companionship of the Identity Achieved husbands tended to exert a positive influence in increasing the emotionally close experiences and reducing distantiation of their Foreclosed wives.

Unlike the F-F dyads, the I-I dyad spouses' high congruence, understanding, feelings of being understood and recognition of the issues of partners' understanding suggested

that the level of psychosocial maturity seemingly affected their perception of relationships. Eventhough, a few earlier studies also advocated a similar trend as the one observed in this study (Lidz, 1968; Erikson, 1968; Marcia, 1975), the findings here empirically reaffirm the following proposition: the inner sense of completeness of spouses helps them to work out their differences and establish their relationship with each other in a positive way.

In low identity status dyads (F-T), the FC spouses exhibited a low perceptual accuracy (Bob, 1968), less clarity of perception of reality (Donovan, 1973; 1975) and a low awareness of differences between self and others (Allen, 1976; Josselson, 1973) in their relationship with each other. These were reflected through their reduced number of agreement, understanding, realization and being understood responses. On the other hand, the IA spouses' realistic and accurate perceptions of reality alongwith adequate differentiation between self and others helped them to observe their relationship objectively. Thus, an overall view of findings of the perception of relationships further suggested that while the same identity status spouses interacted in a dyad, they perceived their experiences in a similar way. But when spouses of the F-I dyads, representing different levels of identity status interacted, they affected each other differently. The IA husbands experienced lowered mutual perception of relationships with their Foreclosed wives.

Apart from this, analysis of a few of the IFII variables revealed that the Foreclosed wives possessed higher capabilities of understanding relationship than that of their spouses, irrespective of their identity status level. More specifically, these Foreclosed wives understood their disagreements and rarely misunderstood these disagreements. They also had more awareness of their partners' misunderstandings than what their husbands achieved. These findings were suggestive of differences in the operation of underlying psychological dynamics of the Foreclosed males and females. Possibly, the stability of the Foreclosed status for wives placed them in a better position to have different experiences in relationship than that of their FC husbands.

In our study, we labelled males and females under the same identity status categories, that is, the Identity Achieved and the Foreclosed on the basis of similarity in their reported experiences on our measuring instruments. But the differences in the interpersonal experiences of relationship observed later between males and females of the same identity status suggest the possible existence of different underlying dynamics. It is, as if, the males and females reach the comparable level of maturity through different routes. The cross-cultural differences in the sequential development of males and females' identity achievement makes this issue relevant area of research in the present cultural context. One needs to explore and

understand the nature of experiences in the previous stages of development of the males and females in the Indian settings which possibly dictate different avenues of growth.

As this investigation could not cover all combinations of identity status, of similar and non-similar types, further research could throw light on the nature of such relationships as well as provide a broader basis of comparison of groups. Particularly, counterbalancing the I-F dyads with the F-I dyads could highlight the respective role of husbands' and wives' maturity in such pairings.

As in all developmental studies, it would be of great advantage to follow through these dyads to the next stage of generativity and to again assess their styles of handling the crises of the seventh stage. It is expected that the female partner of the dyad will again raise the identity issues in her thirties and try to resolve them differently from her male partner in the dyad. It would also be advantageous to explore whether the maturity of preceding stage, the accuracy of perceptions, intimacy and understanding of relationships make it possible for the I-I dyads to do better in their task of psychosocial maturity later. By providing the empirical data, this study makes it possible to formulate the developmental crises of the middle age with greater keenness and accuracy than has been possible to do so.

Summing up, this study contributed to Erikson's theory of psychosocial maturity and particularly to the development of sense of intimacy and spouses' perspectives on relationship issues. Eventhough, these findings are specific to the relationship of married couples, those have a general significance for a variety of relationships which are enduring and characterized by close interactions.

## CHAPTER 1

### BACKGROUND OF THE PROBLEM

This research was based on Erikson's (1968) model of human development. The general aim of the study was to investigate the nature of differences, if any, in the experiences and in the interpersonal perception of relationships of couples of different maturity level as reflected by their developmental stages. More specifically, it focussed on the experiences of young couples belonging to a specific ego identity status and explored the quality of intimacy and congruence of perception on issues of relationship.

With this perspective in view, the focus in this chapter would be on a brief survey of available research findings relevant to the present investigation. This survey is presented here under two main headings, namely, (a) the meaning of ego identity status for males and females and their personality correlates and (b) the psychological factors influencing the nature of dyadic relationships with special reference to the married couples.

#### I. Ego Identity Status

##### A. Meaning of Ego Identity

According to Eriksonian view, the formation of identity is a dynamic, gradual and a longitudinal process. It

is built through the culmination of experiences of trust, autonomy, initiative, industry, ego identity, intimacy, generosity and integrity.

Based on Eriksonian view, Marcia (1966) defined ego identity as a state of personality arrived at during adolescence by means of earlier successfully achieved identifications. It was described as a subjective feeling arising from self perception of continuity running through one's past, present and future. This sense of identity was intensely felt as a sense of inner completeness and integrity in the face of vicissitudes of the external world. According to Marcia, ego identity of adolescence was manifested through behavioral commitments in a few important areas, such as, occupation, political and religious ideologies and sex role expectations.

#### B. Levels of Ego Identity Status

In order to give meaning to Erikson's (1968) theoretical formulation of identity, Marcia (1966) introduced his empirical concept of 'ego identity status'. Based on his operational definition of identity, he maintained that ego identity status was reflected through different modes of coping adopted by adolescents to deal with the crisis of this stage. Like any other period, an adolescent was confronted with the tasks of developing a sense of workmanship, of competing actively with others, of engaging in establishing meaningful relationships, and in formulating a philosophy of life. Faced with the

immediate future and its many conflicting possibilities and choices and bound with the urgency to make decisions and commitments to a path of action, the youth was expected to solve these dilemmas confronting him.

Marcia's (1966) experimental findings led him to conceptualise four kinds of styles generally used by adolescents in the resolution of their identity crisis and called these "identity statuses". He used two psychosocial criteria, namely, crisis and commitment in the primary areas of occupation and ideology to categorize people in their identity status. Crisis referred to "the adolescent's period of engagement in choosing among meaningful alternatives" (Marcia, 1966, p. 551). Marcia (1976) used this term "less for its sense of immediacy than for its connotations of struggle, or more accurately, of a period of decision making" (p. 131). "Commitment to occupation and ideology are observable concomitants of identity achievement" (Erikson, 1968, p. 10). Commitment denoted "a certain unwaveringness of choice, a reluctance to abandon a path set out upon" (Marcia, 1976, p. 131). It also referred "to the degree of personal investment the individual exhibits" (Marcia, 1966, p. 551).

Marcia's (1976) research findings indicated that the Identity Achieved (IA) status was based on the resolution of questions surrounding occupational choice, and religious and political ideology. However, simple commitment to an occupation

or ideology did not capture the essence of identity formation. A period of experimentation, of doubt, was considered necessary before a young person could make choices which were truly internalized and personal. For Marcia, Identity Achieved was defined by the act of becoming committed to an occupation and ideology and of having experienced crisis in making these investments. Moratorium (M) status was ascribed to those who were still struggling with alternative choices and searching for a direction to which to commit themselves. They were different from Identity Diffused in their demonstration of anxious concern for, and an active struggle to make specific commitments. They attempted to achieve a compromise among the parental choices, societal demands and their own capabilities, but such an integration also appeared incompatible to them. The Foreclosed (FC) status included those who were committed to an occupation and ideology but without active examination of the issues. Rather, they had passively accepted and internalized the identity proffered by their family. They seemed to have experienced few doubts about their choices. The final category consisted of Identity Diffused (ID) individuals who became immobilized with self doubt and alienation, or who were having great difficulty in confronting identity issues. They seemed to have had little conception of their preferences related to vocation or ideology and their choice for one thing could easily be abandoned for another.

## 1. Meaning of Ego Identity Status for Males

Marcia's (1966) empirical work started with young male college students. He considered occupational, religious and political commitments as the key issues for their identity formation. Douvan and Adelson (1966) also stated that the predominant concerns of most of the adolescent boys were with occupation and ideology and not with interpersonal relationships. The males were encouraged to make life-decisions which led them to an open conflict with authority and family. The experience of such conflicts could well be an identity confirming event. In the light of these points, Marcia (1966) took into consideration these issues while developing his methodology for measuring levels of identity status.

Using Marcia's methodology, Orlofsky, Marcia and Lesser (1973) observed that the Foreclosed male college students' sense of autonomy was lower than that of subjects belonging to the Identity Achieved status. The behavioral expression of their low sense of autonomy was observed in their willingness to accept family advice passively and in their affective orientations (Waterman, 1977; Goldman, 1975). Subjects low on ego identity manifested emotionally dependent and defensive styles whereas subjects high on ego development were found to be more independent and serious in their interpersonal involvement and free from group pressures. Another investigation by Lavoie (1976) reported that psychosocially mature persons were confident

in their heterosexual identity and displayed high sense of trust and industry.

Other studies highlighting the relationship of sense of identity with the later development of intimacy, reported that Identity Diffused were lowest on intimacy and self-disclosure (Kinsler, 1973). Constantinople (1969) found identity-intimacy relationship quite strong among those who had attained maturity at earlier stages. Orlofsky, Marcia and Lesser (1973) found that the Foreclosed tended to have stereotyped relationships. The Identity Diffused were more isolated than the others; the Identity Achieved formed close relationships with the others.

The period of identity formation was found to be characterized by an increased desire to establish intimacy and involvement with others (Michell, 1976; Newman, 1976). The heterosexual pairing during this period provided the pairs with experiences of pain, pleasure, disappointment and rejection. These experiences forced adolescents to an awareness of deep inner feelings which were intrinsic to healthy adulthood intimacy. Furthermore, Identity Achieved persons were considered attractive and were favourably perceived by other members of the group (Golman & Olzak, 1976; Schaffer, 1976). The Identity Achieved individuals thus experienced more positive outcomes (Cabin, 1976; Schaffer, 1976) than the other identity status persons. In a similar context, Donovan (1975) revealed that the Foreclosed avoided free expression of impulses in their

relationships and the Identity Achieved were able to care for others in noncompulsive and nonbinding ways.

## 2. Meaning of Ego Identity Status for Females

While the studies of male identity status were in full swing, a few researchers started to extend their interest into the study of identity formation in females. Therefore not many studies in this area of females' ego identity are available. In an initial attempt of studying females with the help of his earlier developed methodology, Marcia (1970) observed remarkable differences in the identity formation process of females and males. He realized that unlike males, females' identity formation centered around areas other than occupational and ideological issues. The earlier attempts at assessing female identity revealed that career-marriage conflict failed to differentiate females belonging to four different types of status. Unexpectedly, the area of premarital sex proved to be an effective discriminating variable. Both sex (Schenkal & Marcia, 1972; Poppen, 1974) and religion (Schenkal & Marcia, 1972) proved to be sensitive variables in classifying females into four types of statuses. Thus, it was concluded that females faced more crisis in the area of sex than did males and this, in turn, affected their life style orientations (Schenkal, 1975; Josselson, 1973; Morse, 1973; Howard, 1975; Lack, 1976). Some support was available from Cross and Allen's (1971) and Morse's (1973) studies, both of which highlighted the identity formation in women along sex-role expectations.

Studies of females' identity development through various stages have noted a general trend among females to score low on autonomy and industry (McClain, 1973). The Identity Achieved females could trust others and independently exercise their capabilities for attaining their goals more than any other identity status female (Josselson, 1973). In addition to it, the Identity Achieved females reflected their capability of self competence and assertion through their behavior of adopting, living through and partially rejecting the traditional norms. They reported their early identity as vicarious and often rearranged their family structure to meet their occupational and ideological needs. But Foreclosed females perceived themselves nurturant, loving and generally devoted to their homes.

Focussing on the relationship aspect of females, Josselson (1973) found that the Foreclosed females perceived their heterosexual partners as parental substitutes. They were motivated to seek love from others. This, in turn, made their love for others lack actual "givingness" and genuine closeness. On the contrary, the Identity Achieved females' self-awareness and self-reliance gave them the capacity to generate growth in their relationship. Recently, Wyner (1977) has observed that women generally scored high on intimacy, which revealed the importance of relationships for them. These results supported the earlier work of Douvan and Adelson (1966) who had stated that, unlike the males, the predominant concern of adolescent

females was the establishment and maintenance of interpersonal relationships. In a similar context, Marcia (1977) stated that females were generally expected to fulfil social roles of a wife and a mother. Both roles involved establishment and maintenance of a close personal relationship with another.

### 3. Differences in Ego Identity Status of Males and Females

Beyond the dissimilarity of female and male identity development, there also emerged a pattern of identity status which grouped women differently from men. Identity status grouping on many variables for men was Identity Achieved and Moratorium versus Foreclosed and Identity Diffused. For females, the grouping tended to be Identity Achieved and Foreclosed versus Moratorium and Identity Diffused. Identity Achieved and Foreclosed seemed to have the same positive effect for females as Identity Achieved and Moratorium had for males. In his research monograph, Marcia (1976) put it in this way:

"Most of our research with men suggested that chronological proximity to Identity Achievement was a crucial factor in the grouping of the statuses .... However, with women, the stability of the identity status was emerging as the important issue. Identity Achievement and Foreclosure are both fairly stable statuses; both groups have an identity, even though one is achieved and the other, foreclosed" (p. 203).

Joyce (1970), Poppen (1974) and Miller (1977) also confirmed these findings. In spite of these notable differences, some investigators envisaged similarity (Raphael, 1975; Greenhouse, 1975), some observed ambiguity (Constantinople, 1969)

between males and females in the developmental process of identity formation. Matteson's (1974) observation of Danish males revealed differences from the established pattern and showed that their identity formation progressed through Foreclosure-Identity Diffusion-Moratorium-Identity Achievement stages but for females this progression was not distinctive.

### C. Measures of Ego Identity Status

Much of research done before Marcia (Block, 1961; Bronson, 1959; Gruen, 1960) relied primarily on intrapsychic criteria to measure ego identity. The Semantic Differential Technique, Q-Sort measure of real-ideal-self discrepancy and a measure of role variability on adjective ranking were among those widely used for assessment of ego identity. A questionnaire (Rasmussen, 1964) and rating scales (Constantinople, 1969) were also used as measures of identity statuses. While these studies have investigated self-ratings on characteristics that should follow if ego identity had been achieved, they have not dealt explicitly with the psychosocial nature of ego identity. For this reason, the present research has essentially employed Marcia's methodology.

Marcia's (1966) paradigm, evolved from Erikson's view, used measures congruent with his formulation of the identity crisis as a psychosocial task. Measures were Ego Identity-Incomplete Sentence Blank (EI-ISB) and Semi Structured Interview Schedule (SSIS). The EI-ISB served as an overall measure of

identity achievement. The interview was used to determine an individual's specific identity status, that is, which of the four concentration points along a continuum of ego identity achievement best characterized him. The main areas covered in these measures were - occupation, religion, politics and sex-role. Confirming Marcia's approach, Morse (1973), Baker (1977) and Simmon (1970) developed their measures of ego identity. This research utilized a part of the measures developed by Morse (1973) and Baker (1977).

## II. Dyadic Relationship

Various attempts have been made to understand dyadic relationships (Ichheiser, 1970; Wilmot, 1975) which have emphasized reciprocal awareness in the interpersonal bonds. It was reported that in such dyadic relationships, one individual's relation with the other depended on his or her perception of the other. Wilmot (1975) stated that interpersonal relations of a dyad could be comprehensively explained on the basis of agreement, congruence and accuracy of the self and other's perceptions. Through the process of perception, partners in a dyad negotiated their views of themselves and others' views of themselves. Any kind of mature dyadic relationship was found to be characterized by symmetrical reciprocity. Cheffe and McLeod (1968) also supported this view.

## A. Marital Dyads

Like other dyadic relations, marriage is characterized by intimacy, reciprocity, interdependence and completeness. But unlike other dyads, marital dyads involve intense closeness through physical intimacy, role relationships, social and emotional commitments and obligations which strengthen the interpersonal bonds of spouses. From this point of view, this investigation dealt with two major aspects of marital dyads, namely, the mutuality and the role of psychosocial maturity.

### 1. Mutuality in Marriages

Focussing on the mutuality in marriages, Wynne, Ryckoff, Day and Hirsch (1958) identified three kinds of relationships — mutual, pseudo-mutual and non-mutual. In mutual relationship, each person brought his or her positively valued self in their interactions with the other which provided them an opportunity to recognize the others' identity. In non-mutual relationship, the pairing was functionally role limited. The pseudo-mutual relationship was characterized by "feelings of ambivalence, lack of tolerance of differences and lack of recognition of the identity of the other" (p. 203). Small (1977) added that pseudo-mutual relationship of spouses was maintained by the security and other rewards received from the relationship. It was a static type of relationship which constricted the growth of spouses and impoverished the freshness of their interpersonal experiences. In a similar context,

Ehrenberg (1975), classifying the collusive and pseudo-mutual marriages on the one hand and mutual and intimate marriages on the other, stated that the latter class was characterized by partners' self-awareness and their inner capabilities for establishing their relationships. Similar findings were reported by others also (Orlofsky, Marcia & Lesser, 1973), in that intimacy was found to be highest among Identity Achieved people.

## 2. Role of Psychosocial Maturity in Marriages

Erikson recognized the role of psychosocial maturity in forming any kind of intimate relationship. A psychosocially healthy person would seek and feel comfortable in emotionally close relationship with others as well as enjoy a sense of self integrity without any kind of external support. On the other hand, a psychosocially immature person would feel emotionally isolated in his formalized relationship with others, experiencing a hollowness in it.

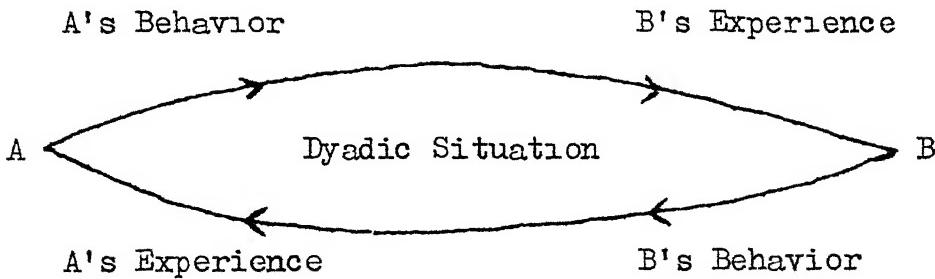
A few studies (Olsen, 1971; Lidz, 1968) illustrated that the psychosocial maturity of earlier stages contributed to the achievement of matured intimacy in marital relationships. On the contrary, Lowenthal (1976) observed that irrespective of the psychosocial maturity, his subjects could live an autonomous and satisfying life through one or more mutual dyadic relationships.

## B. Measurement of Dyadic Relationships

Earlier techniques (Raman & Bauman, 1960; Goodrich & Boomer, 1963; Loveland, Wynne & Singer, 1963) of measuring dyadic relationships assumed that the dyadic relationship found in the test situations or during interview reflected the actual relationship in real life context.

Laing, Phillipson and Lee (1966) had suggested a different approach. In their method of Interpersonal Perception (IPM), both members of the dyad were asked to focus upon their interactions with the other. Their responses about the perceived interactions were obtained individually and separately from both and then matched with each other.

Laing, Phillipson and Lee (1966) followed the schema of interpersonal perception, represented in the diagram given below:



This schema of dyadic relationship can be applied to marital dyads. It includes not only the interactions of dyad members but also their interexperiences with each other. The

very act of perception of A entails interpretations of B's behavior and vice versa. For instance, to feel loved by A is to perceive and interpret, that is, to experience the actions of B's loving. Thus, the perception of relationship by both spouses in a marital dyad incorporated in it the act of interpretation of experiences with each other.

Laing's (1966) IPM was constructed in order "to measure and provide understanding of the interpenetrations or the conjunctions and disjunctions of two individuals in respect of a range of key issues with which they may be concerned in the context of their dyadic relationship" (p. 38).

#### 1. Studies of Interpersonal Perception of Relationship in Marital Dyads

Studies of mismatched interpersonal perspectives and marital relationship revealed disturbance of spouses through the decreased number of responses of agreement, understanding, realization of each other's understanding and misunderstanding, being understood and an understanding of agreed upon issues as well as through their increased failures of realization of their partners' understanding and misunderstanding (Laing, Phillipson & Lee, 1966). Another investigation of mismatched perspectives of IPM also predicted the disturbances of couples who later proceeded to get a divorce (Drewery, 1969). But Harrell (1973) observed little discrepancy between husbands' and wives' perspectives both in the traditional and companionship marriages.

## 2. Studies of Interpersonal Perception and Personality Correlates of Marital Dyads

Lindner (1973) reported that introverted mates perceived their partners more accurately than extroverted mates because the former spouses' descriptions of their partners were very close to what their partners perceived about themselves. Extroverted mates perceived more accurately than the introverted ones how they were viewed by their partners. In another investigation (Parry, 1967), it was reported that high congruity of couples' interpersonal perception was related to their open, flexible and facilitative communication styles. It was also found to be associated with their positive emotional responses, expression of personal opinions and feelings. Furthermore, high congruity of couples' perceptions was found to be characterized by the awareness of spouses' feelings and capability of exerting influence on each other.

Focussing on the self perceptions of spouses, Helm (1977) stated that the positive perceptions of their selves were found to be related with commitment. Along this line, Freund (1976) observed that IPM perspectives of spouses had low correlation with emotional closeness because responses on the IPM were based only on the conscious knowledge of the measured variables whereas emotional closeness involved both conscious and unconscious variables.

### III. Formulation of the Problem

Taking into consideration the nature of the studies reviewed above, the need for further exploring the relationship between the ego identity status and the marital dyads' perception of intimacy and relationships was strongly felt. It was evident from the review that studies conducted on the development of intimacy (Kinsler, 1972; Constantinople, 1969; Orlofsky, Marcia & Lesser, 1973; Marcia, 1976; Newman & Newman, 1976; Michell, 1976) focussed primarily on the adolescent population. Only a few explored the characteristics of intimacy in marital dyads (Josselson, 1973; O'Connell, 1976; Donovan, 1975). Moreover, none of these studies took into consideration the dyadic interactions of identity status and dyadic perspective of the relationship together. Generally, studies of marital relationships adopted the psychoanalytic approach to study maturity in marriage, (Wynne, Ryckoff, Day & Hirsch, 1958; Lidz, 1968), and none of them adopted the psychosocial criteria of maturity in studying couples' relationships. Thus, this investigation included both individual and dyadic effects of psychosocial maturity of couples already committed in marriage and explored their experiences of present relationships.

#### A. Focus of the Problem

This study aimed at exploring the nature of marital relationship of spouses belonging to specific ego identity

status dyads of similar and nonsimilar type. More specifically, it focussed on the quality of affective experiences as well as accuracy of cognitive perception of relationships. The independent variable of the study was identity status of spouses and their combinations in marital dyads. The dependent variables were two major dimensions of spouses' relationship: the affective experiences of intimacy reflected through emotional closeness and distantiation and of cognitive experiences manifested through the dyadic perceptions of warmth, support, concern, communication, interdependence and sensitivity in relationship.

#### B. Hypotheses

The following general hypotheses were formulated for this study.

##### 1. Intimacy

- a. Higher the identity status of spouses, higher would be their sense of intimacy.
- b. Higher the identity status of spouses as dyads, higher would be their sense of intimacy.

##### 2. Interpersonal Perception of Relationships

- a. Higher the identity status of spouses as dyads, greater would be the number of agreement, understanding and being understood responses in the relationship.

- b. Higher the identity status of spouses as dyads, higher would be their feelings of realization of understanding and misunderstanding of each other over the relationship issues.
- c. Higher the identity status of spouses as dyads, more the responses of being understood/misunderstood correctly.
- d. Higher the identity status of spouses as dyads, more the understanding over disagreed and agreed upon issues.

The next chapter reports the procedures followed to test these hypotheses.

## CHAPTER 2

## METHOD

## I. Sample

## A. Subjects

The subjects in this study consisted of 50 couples residing in the Indian Institute of Technology campus. Their final inclusion in the study was based on age, duration of marriage and their level of psychosocial maturity as a couple. In this sample, wives' mean age was  $24.04 \pm 1.84$  years and husbands' mean age was  $28.88 \pm 2.48$  years. The average duration of their marriage was  $3.5 \pm 2.32$  years. In 80% of couples, the marriages were primarily arranged by parents but with some consent of one or both the partners. In the remaining 20% cases, the marriages were based on spouses' self-choices with or without parental consent.

Out of these 50 couples, 10 couples had two children, 20 couples had one child and 20 couples did not have any children. Moreover, all spouses were educated. Table 1 presents a record of their educational level.

In this sample, husbands were engaged either in research or a research-oriented teaching jobs and all but six wives were primarily housewives. Four wives were engaged in teaching and two others were studying for their master's degree.

Table 1

## Educational Level of Couples

Education Level	Husbands	Wives
Professional Degree/Diploma (Ph.D./M.Tech./M.Ed./B.Ed.)	38	6
M.A./M.Sc.	11	22
B.A./B.Sc.	1	10
Intermediate	0	8
High School/Higher Secondary	0	4
Total	50	50

All the couples, except three, belonged to nuclear families. In addition to this, 47 wives stated that they had an urban background whereas only 30 husbands shared this background with their wives.

## B. Selection of the Subjects

Information about young married couples residing in the campus was obtained from the registered students' directory as well as from the research and teaching staff list available at the Post-graduate Office and the Administrative Office of the Institute. On the basis of the information available from these records, a couple was included in the initial sample

only if the wife's age did not exceed 26 years. This was verified before proceeding with the interview.

On the basis of these records, 110 couples were initially contacted. They were assured that the information provided by them would not be used for any other purpose and their identities would not be revealed at any stage. Ninety three among the 110 couples volunteered to participate when approached for the first time.

Each spouse of these 93 couples completed the Ego Identity-Incomplete Sentence Blank (EI-ISB). The EI-ISB was intended to obtain a quick indication of ego identity status for the purpose of screening. More rigorous interviewing was necessary for the verification of the identity status obtained initially through the EI-ISB. The EI-ISB scoring was completed by two judges independently. According to their scoring, combinations of identity status of spouses were obtained for the 93 couples and these are presented in Table 2.

From among these couples, I-I, F-I, F-F and F-M dyads were chosen for further interviews. The remaining 18 couples of I-M, M-I, M-F and M-M combinations were not considered for further inclusion in the study. More intensive and individual interviewing of the selected 75 couples was started with the help of Marcia (1966) and Morse's (1973) Semi Structured Interview Schedule (SSIS), a direct measure of ego identity

Table 2

Combinations of Identity Status Among Couples Based on Ego Identity - Incomplete Sentence Blank Before the Final Screening

Identity Status of Couples	No. of Couples
Identity Achieved Wife-Identity Achieved Husband (I-I)	17
Foreclosed Wife-Identity Achieved Husband (F-I)	27
Identity Achieved Wife-Moratorium Husband (I-M)	4
Foreclosed Wife-Foreclosed Husband (F-F)	23
Foreclosed Wife-Moratorium Husband (F-M)	8
Identity Achieved Wife-Foreclosed Husband (I-F)	3
Moratorium Wife-Identity Achieved Husband (M-I)	4
Moratorium Wife-Foreclosed Husband (M-F)	4
Moratorium Wife-Moratorium Husband (M-M)	3
Total	93

status. The interviews of couples were recorded verbatim by the interviewer. These transcripts were again judged by two judges and 83% agreement was obtained between their independent ratings. Table 3 presents information about couples' ego identity status combinations.

From among these, 50 couples with I-I, F-I, F-F and F-I ego identity status combinations were finally selected to participate in the study.

Table 3

Combinations of Identity Status Among Couples Based on Semi Structured Interview Schedule After the Final Screening

Identity Status of Couples	No. of Couples
Identity Achieved Wife-Identity Achieved Husband (I-I)	10
Identity Achieved Wife-Moratorium Husband (I-M)	4
Moratorium Wife-Identity Achieved Husband (M-I)	3
Moratorium Wife-Moratorium Husband (M-M)	2
Moratorium Wife-Foreclosed Husband (M-F)	2
Identity Diffused Wife-Moratorium Husband (ID-M)	2
Foreclosed Wife-Identity Diffused Husband (F-ID)	5
Foreclosed Wife-Foreclosed Husband (F-F)	16
Foreclosed Wife-Identity Achieved Husband (F-I)	19
<hr/>	
Unavailability of Couples for Interviewing	12
<hr/>	
Total	75

## II. Measures

### A. Measures of Ego Identity Status

Ego identity status was determined by Ego Identity-Incomplete Sentence Blank (EI-ISB) and Semi Structured Interview Schedule (SSIS).

1. Ego Identity-Incomplete Sentence Blank (Appendix A-i  
for Males and Females)

EI-ISB, used for screening in this study, was based on Marcia's (1966) and Baker's (1971) tests of ego identity. The schedule for males consisted of 25 incomplete sentences adapted for the Indian setting related to occupation, political and religious ideology, future orientation, continuity from past to present and a few aspects of belongingness. The EI-ISB used for assessing the ego identity status of females, consisting of incomplete sentences, mainly centered around issues of religion, sex, interpersonal relationship, female role, future orientation, continuity from past to present. Some items on occupation and politics included in the original form were excluded to include items relating to sex, interpersonal relationship, motherhood and the role of women.

2. Semi Structured Interview Schedule (Appendix A-ii)

The SSIS, first developed by Marcia (1966), was used as a direct measure of ego identity status. The SSIS used for males again covered the three major areas comprising occupation, political and religious ideology whereas the SSIS for females included items on religion, sex and women's role. The items dealing with sex and women's role were adapted from Morse's (1973) interview schedule.

The criteria used for determining the level of identity status consisted of two variables - crisis (decision

making) and commitment (personal involvement) applied to the critical issues of occupation, religion, politics, sex and women's role. Assessment of responses on both measures, namely EI-ISB and SSIS was based on these two criteria.

#### B. Psychosocial Maturity Questionnaire (Appendix A-III)

Psychosocial Maturity Questionnaire (PMQ), used for measuring psychosocial maturity, was based on the scales of Dignan (1965), Constantinople (1969) and Rasmussen (1964) pertaining to ego identity. It consisted of 50 items, 10 items for each of Erikson's first five psychosocial stages. The items of this questionnaire were of the forced-choice type with four alternatives yielding strong agreement, agreement, disagreement and strong disagreement. The overall level of identity as well as the specific level of growth of the spouses in each of the five stages were derived from the aggregate score and the subscale scores respectively.

#### C. Measure of Intimacy (Appendix A-IV)

Spouses' level of intimacy was assessed from an objective questionnaire of 12 items which was based on Constantinople's (1969) instrument of psychosocial development and Rasmussen's (1964) Ego Identity Scale. The items of this questionnaire were also of the forced-choice type with four alternatives yielding strong agreement, agreement, disagreement and strong disagreement of the subject. The appraisal of each

spouse's intimacy growth was made from the total score obtained on this questionnaire. It was possible to group items included in the intimacy questionnaire into two dimensions, namely, (i) emotional closeness and (ii) distantiation. Six items on emotional closeness assessed individuals' capability of enjoying and being comfortable in emotionally close relationships with the other. The remaining six items on distantiation appraised respondents' "judicious repudiation of persons and ideals which do not blend harmoniously --- with which the individual is intimate" (Erikson, 1956, p. 80).

D. Measure of Interpersonal Perception of Relationship  
(Appendix A-v)

For investigating the interpersonal perception of couples regarding issues concerning their relationship, Laing, Phillipson and Lee's (1966) Interpersonal Perception Method (IPM) was adapted for this study. In this method, 24 items were repeated under three instructional sets to obtain measures of direct, meta and meta-metaperspective of couples on four aspects of relationship dimensions - namely, warmth, support and concern, sensitivity, interdependence and communication. Direct perspective was, one's view about one's relationship with other. The metaperspective was so stated that it would reveal one's view of the other's view of the issue under consideration. The meta-metaperspective, revealed one's views of the other's views of one's view of the relationship aspects.

On each item of relationship both members of the marital dyads individually indicated their choice of one of the four alternatives, namely, strongly agree, agree, disagree and strongly disagree on each of the relationship issues. On the basis of the chosen alternatives, it was possible to make reciprocal comparisons between their perspectives and bring out their agreement, understanding, feelings of being understood and realization of understanding.

Through these reciprocal comparisons, agreement scores indicated a degree of similarity between spouses' direct perspectives on the same relationship issues. An index of understanding was obtained through the conjunction or disjunctions between the metaperspective of one spouse and the direct perspective of the other on the same relationship issues. An index of feelings of being understood was computed through the conjunction between one's meta-metaperspective and one's direct perspective on the same aspects of the relationship. Lastly, a quantitative index of realization of partners understanding and misunderstanding was obtained by calculating the conjunctions and disjunctions between one's metaperspective and others meta-metaperspective.

### III. Procedures

In order to assess the efficacy of the measuring instruments for the Indian population, intensive pilot work was

done with the male and female subjects. More effort was expended to identify those items which were relevant for the Indian females on Ego Identity-Incomplete Sentence Blank (EI-ISB). Initially 20 married females about 25 years of age were interviewed and tested at length for this purpose. As a result of this pilot work, 10 items were selected which differentiated females on the ego identity status. In the final form, additional 15 items, also included in the male form, were added to the EI-ISB used for females. On the basis of the screening procedures already described 50 couples were selected for the purpose of the present study.

The researcher contacted these 50 couples at their convenience. The husbands were frequently reached in their offices or laboratories and wives at their residence for individual interviewing. They were given the task of filling out a booklet containing Psychosocial Maturity Questionnaire, Intimacy Questionnaire and Interpersonal Perception Method. It took 10 weeks to complete the task. Each couple worked for 2 to 3 hours for this study.

A Hindi version of the questionnaires and other material were made available to those who wished to use it. Only a few wives chose to respond in Hindi. The Hindi version of all the forms and questionnaires used in the study were prepared by the back-translation method with the help of three scholars working independently on the task.

## CHAPTER 3

## RESULTS

Analysis of data was conducted with the dual purpose of checking the reliability of measures and of testing the hypotheses of the study.

#### I. Reliability of Measures

##### A. Comparison of Judges' Independent Ratings of Identity Status

The data obtained through the Ego Identity-Incomplete Sentence Blank (EI-ISB) were rated by the researcher and by a male postgraduate student in psychology. There was 82% agreement between their ratings. The difference between ratings of the two judges on each of the incomplete sentence was found to be nonsignificant. There was 83% agreement between the same two judges' ratings of the spouses' interviews obtained through the Semi Structured Interview Schedule (SSIS).

##### B. Further Reliability Check of Ego Identity Status through Psychosocial Maturity Questionnaire

The PMQ was given as a further check on initial classification of ego identity status of couples. As expected, scores of PMQ confirmed two aspects of the psychosocial maturity, namely, the level of overall identity development and the level of resolution in handling the crisis of each of the first five

stages of development. Husbands' and wives' scores on the PMQ were analysed with the help of the 't' test.

### 1. Overall Scores of PMQ

On the overall PMQ scores, the FC husbands obtained significantly lower scores than the IA husbands ( $t(43) = 3.04$ ,  $p < .01$ ). The FC wives were also significantly lower than the IA wives on the overall PMQ scores ( $t (43) = 5.02$ ,  $p < .01$ ).

### 2. PMQ Subscale Scores for Each of the Five Stages

Taking subscale scores for each stage of development independently, the FC husbands scored significantly lower than the IA husbands on scales designed to assess sense of trust ( $t (43) = 1.82$ ,  $p < .10$ ), sense of autonomy ( $t (43) = 2.16$ ,  $p < .05$ ), and sense of initiative ( $t (43) = 2.66$ ,  $p < .02$ ). Scores of the IA wives were higher than those of the FC wives on subscales designed to assess sense of trust ( $t (43) = 1.88$ ,  $p < .10$ ), sense of autonomy ( $t (43) = 4.50$ ,  $p < .01$ ), sense of initiative ( $t (43) = 4.67$ ,  $p < .01$ ), sense of industry ( $t (43) = 2.36$ ,  $p < .05$ ), and sense of ego identity ( $t (43) = 1.91$ ,  $p < .10$ ).

Comparisons of the IA husbands with the IA wives and of the FC husbands with the FC wives on PMQ subscale scores revealed that the IA husbands and the IA wives did not differ in their psychosocial maturity at any stage. But the FC wives were found to be significantly lower than the FC husbands on

the sense of autonomy ( $t (49) = 3.39, p < .01$ ), sense of initiative ( $t (49) = 2.90, p < .01$ ), sense of industry ( $t (49) = 2.75, p < .01$ ) and sense of ego identity ( $t (49) = 3.95, p < .01$ ).

### 3. Multiple Differences Within the PMQ Subscale Scores of the Five Stages

Using  $2 \times 5$  design with repeated measures (2 identity levels  $\times$  5 stages of psychosocial maturity), significant differences were obtained between the IA and the FC wives ( $F (1, 43) = 9.59, p < .005$ ) as well as among their scores of psychosocial maturity levels ( $F (1, 43) = 9.54, p < .005$ ). Similarly, the IA husbands also scored significantly higher than the FC husbands ( $F (1, 43) = 9.54, p < .005$ ). They also revealed significant variability in scores of the 5 stages ( $F (4, 172) = 8.93, p < .001$ ).

The post-hoc comparisons of means using Newman Keul method demonstrated that the FC wives manifested six significant mean differences between the PMQ subscale scores whereas the IA wives revealed only one significant mean difference between subscales of autonomy and industry ( $p < .05$ ). Table 1 presents comparisons of wives' mean scores. On the other hand, the FC husbands, unlike the IA husbands, revealed six significant mean differences on the inter comparison of five subscale scores. Table 2 presents comparisons of husbands' mean scores on each of the five stages.

Table 1

Multiple Comparisons of Wives' Mean Scores on Five Stages of PMQ Using Newman Keuls Method

Stages of Psychosocial Maturity	Foreclosed Wives		Identity Achieved Wives	
	Mean Difference	p	Mean Difference	p
1. Trust & Autonomy	1.80	<.01	1.00	NS
2. Trust & Initiative	1.00	<.05	.10	NS
3. Trust & Industry	.51	NS	.50	NS
4. Trust & Ego Identity	.40	NS	.50	NS
5. Autonomy & Initiative	.80	NS	1.10	NS
6. Autonomy & Industry	2.31	<.01	1.50	<.05
7. Autonomy & Ego Identity	1.40	<.01	.50	NS
8. Initiative & Industry	1.51	<.01	.40	NS
9. Initiative & Ego Identity	.60	NS	.60	NS
10. Industry & Ego Identity	.91	<.05	1.00	NS

Table 2

Multiple Comparisons of Husbands' Mean Scores on Five Stages of PMQ Using Newman Keuls Method

Stages of Psychosocial Maturity	Foreclosed Husbands		Identity Achieved Husbands	
	Mean Difference	p	Mean Difference	p
1. Trust & Autonomy	1.00	.01	.58	NS
2. Trust & Initiative	.50	NS	.10	NS
3. Trust & Industry	.75	NS	.52	NS
4. Trust & Ego Identity	.56	NS	.21	NS
5. Autonomy & Initiative	.25	NS	.48	NS
6. Autonomy & Industry	1.75	.01	1.10	.05
7. Autonomy & Ego Identity	1.56	.01	.37	NS
8. Initiative & Industry	1.25	.01	.62	NS
9. Initiative & Ego Identity	1.06	.01	.11	NS
10. Industry & Ego Identity	.19	NS	.73	NS

## II. Analysis of Intimacy Questionnaire

### A. Overall Scores on Intimacy

The FC wives' overall scores obtained from the Intimacy Questionnaire were significantly lower than the IA wives ( $t (43) = 2.93$ ,  $p < .01$ ) whereas the IA and the FC husbands did not differ in this regard. It was expected that such differences would characterize both husbands and wives. These findings thus partially supported this expectation (hypothesis no. 1-a).

### B. Intimacy Scores of Spouses in Dyads

Taking intimacy scores of spouses in a dyad, it was found that the I-I, F-I and F-F dyads differed significantly among themselves ( $F (2, 84) = 9.35$ ,  $p < .001$ ). Further 't' tests specially revealed that the IA husbands of the I-I dyads were higher than both the FC husbands of the F-F dyads ( $t (84) = 1.85$ ,  $p < .10$ ) and the IA husbands of the F-I dyads ( $t (84) = 2.37$ ,  $p < .05$ ) on their total intimacy scores. The IA wives of the I-I dyads were also found to be higher than the FC wives of the F-F dyads ( $t (84) = 3.69$ ,  $p < .001$ ) and those of the F-I dyads ( $t (84) = 2.01$ ,  $p < .05$ ). The FC wives of the F-I dyads were found to be higher than the FC wives of the F-F dyads on their intimacy scores ( $t (84) = 2.00$ ,  $p < .05$ ). These findings are presented in Table 3. These findings confirmed our hypothesis no. 1-b.

Table 3

t Values of the Mean Differences Between Dyads on Their Total Scores of Intimacy Questionnaire

Dyads	Husbands	Wives
I-I - F-F	1.85 <sup>b</sup>	3.69***
I-I - F-I	2.37*	2.01*
F-I - F-F	NS	2.00*

df 1, 43, \*\*\*p < .001, \*\*p < .01, \*p < .02, \*p < .05,  
<sup>b</sup>p < .10

### C. Analysis of Two Components of Intimacy

Two dimensions comprising the Intimacy Questionnaire, were emotional closeness and distantiation. When analysed separately, findings indicated that the IA wives of the I-I dyads expressed more emotional closeness ( $t (84) = 3.50$ ,  $p < .001$ ) and less distantiation ( $t (84) = 2.02$ ,  $p < .05$ ) than the FC wives of the F-F dyads. The IA wives of the I-I dyads were also higher in emotional closeness than the FC wives of the F-I dyads ( $t (84) = 2.00$ ,  $p < .05$ ). The IA husbands of the I-I dyads were higher on emotional closeness ( $t (84) = 2.35$ ,  $p < .05$ ) than the FC husbands of the F-F dyads. The former husbands also showed lower distantiation ( $t (84) = 2.10$ ,  $p < .05$ ) than the IA husbands of the F-I dyads. The FC wives

of the F-F dyads were found to be lower than the FC wives of the F-I dyads on their emotional closeness ( $t (84) = 2.12$ ,  $p < .05$ ). Table 4 presents these findings.

Table 4

*t* Values of the Mean Differences Between Dyads on Their Scores of Emotional Closeness and Distantiation

Dyads	Emotional Closeness		Distantiation	
	H	W	H	W
I-I - F-F	2.35*	3.50****	NS	2.02*
I-I - F-I	NS	2.00*	2.10*	NS
F-I - F-F	NS	2.12*	NS	NS

df 1, 84, \*\*\*\*p < .001, \*\*\*p < .01, \*\*p < .02, \*p < .05, <sup>o</sup>p < .10

Using 't' test, analysis of dyadic scores of spouses' emotional closeness in each dyad, it was found that spouses in each of the I-I and the F-I dyads were found to be more or less similar in their emotional closeness. But in the F-F dyads, the FC wives scores were significantly higher than those of the FC husbands in their emotional closeness ( $t (84) = 2.95$ ,  $p < .01$ ). Results are presented in Table 5.

Table 5

t Values of the Mean Differences Between Scores of Emotional Closeness for Spouses in Each Dyad on Intimacy Questionnaire

Spouses in Each Dyad		Emotional Closeness
W	H	
I	I	1.25 (NS)
F	I	1.16 (NS)
F	F	2.95***

df 1, 84, \*\*\*p < .01

### III. Analysis of Interpersonal Perception

#### A. Analysis of the Main Variables of IPM

##### 1. Agreement

Agreements were scored by comparing wife's direct perspective with the husband's direct perspective on the same issue. Dyads of the I-I, F-I and F-F identity status differed significantly among themselves ( $F (2, 84) = 10.65, p < .001$ ) in their overall agreement responses. Specifically, the I-I dyads had significantly greater agreements between them than the F-I ( $t (84) = 6.47, p < .001$ ) and the F-F dyads ( $t (84) = 5.78, p < .001$ ). Furthermore, it was observed that the I-I dyads manifested significantly greater agreements than the F-I dyads on all the relationship issues, namely, warmth

( $t(84) = 2.04$ ,  $p < .05$ ), communication ( $t(84) = 2.50$ ,  $p < .02$ ) interdependence ( $t(84) = 3.69$ ,  $p < .001$ ) and sensitivity in relationship ( $t(84) = 3.40$ ,  $p < .01$ ). Similarly, the I-I dyads agreed more between themselves than spouses in the F-I dyads on relationship issues related to warmth, support, concern ( $t(84) = 2.55$ ,  $p < .02$ ), communication ( $t(84) = 3.90$ ,  $p < .01$ ), interdependence ( $t(84) = 2.55$ ,  $p < .02$ ) and sensitivity ( $t(84) = 3.46$ ,  $p < .001$ ). These findings confirmed our hypothesis number 2-b. These findings are given in Table 6.

Table 6

t Values of the Mean Differences Between Dyads on Overall Scores of Agreement and on Its Four Relationship Issues on IPM

Dyads \ Relationship Issues	Overall Scores	Warmth	Communication	Interdependence	Sensitivity
Dyads					
I-I - F-F	5.78****	2.04*	2.50**	3.69****	3.40***
I-I - F-I	6.47****	2.55**	3.90****	2.55**	3.46****
F-I - F-F	NS	NS	NS	NS	NS

df 1, 84, \*\*\*\*p < .001, \*\*\*p < .01, \*\*p < .02, \*p < .05

## 2. Understanding

Comparisons between one person's view of the other's view of relationship and the other's direct view of relationship

on the same issues provided an index of understanding or mis-understanding. For example, if husband in his direct perspective on any one issue expresses "I want to dominate her", and it matches with the wife's metaperspective on that issue, when she thinks he thinks "I want to dominate her", it reveals wife's understanding of her husband.

a. Husbands and Wives

The I-I, F-I and F-F dyads revealed significant differences among themselves in their overall understanding of relationship issues ( $F (2, 84) = 6.57, p < .005$ ).

b. Husbands

Further analysis revealed that the IA husbands of the I-I dyads were higher than the IA husbands of the F-I dyads in understanding their wives ( $t (84) = 4.35, p < .001$ ). Specifically the former husbands scored higher on the issues related to interdependence ( $t (84) = 2.92, p < .01$ ) and sensitivity in relationship ( $t (84) = 1.88, p < .10$ ) when compared with the latter husbands.

The IA husbands of the I-I dyads possessed greater understanding of their overall relationship than those of the FC husbands of the F-F dyads ( $t (84) = 3.85, p < .001$ ). Particularly, the former group of husbands was higher in their understanding on warmth ( $t (84) = 1.71, p < .10$ ), interdependence ( $t (84) = 5.12, p < .001$ ) and sensitivity ( $t (84) = 2.00, p < .01$ ) in relationships.

### c. Wives

The IA wives of the I-I dyads understood their overall relationship more than the FC wives of the F-I dyads ( $t(84) = 1.91$ ,  $p < .10$ ) but this was noted only on the interdependence aspect ( $t(84) = 2.55$ ,  $p < .02$ ). The former wives also displayed higher overall understanding ( $t(84) = 2.55$ ,  $p < .02$ ) as well as understanding on warmth ( $t(84) = 2.36$ ,  $p < .05$ ) and interdependence ( $t(84) = 1.72$ ,  $p < .10$ ) when compared with the FC wives of the F-F dyads.

Findings are presented in Table 7. These findings confirmed our general hypothesis number 2-a.

### 3. Feelings of Being Understood

Comparison between one person's meta-metaperspective and his own direct perspective gives the feeling of being understood or of being misunderstood. For instance, if husband feels that he depends on his wife (his direct perspective) and he thinks she also thinks that he depends on her (his meta-meta-perspective), this reveals his feelings of being understood on the issue of his dependence on her.

#### a. Husbands and Wives

The I-I, F-I and F-F dyads differed among themselves significantly on their feelings of being understood ( $F(2, 84) = 11.41$ ,  $p < .001$ ).

Table 7

t Values of the Mean Differences Between Dyads on Overall Scores of Understanding and on Its Four Relationship Issues on ITPM

Dyads	Relationship Issues	Overall Scores		Warmth		Communication		Interdependence		Sensitivity	
		W	H	W	H	W	H	W	H	W	H
I-I - F-F		2.55**	3.85***	2.36*	1.71*	NS	NS	1.72*	5.12****	NS	2.00*
I-I - F-I		1.91*	4.35***	NS	NS	NS	NS	2.55**	2.92***	NS	1.88*
F-I - F-F		NS	NS	NS	NS	NS	NS	NS	NS	NS	NS

df 1, 84, \*\*\*p < .001, \*\*p < .01, \*p < .02, \*p < .05, \*p < .10

### b. Husbands

The IA husbands of the I-I dyads had increased feelings of being understood when compared with the IA husbands of the F-I dyads on their overall relationship ( $t (84) = 3.44$ ,  $p < .01$ ) and specifically on warmth ( $t (84) = 2.57$ ,  $p < .02$ ), communication ( $t (84) = 3.05$ ,  $p < .01$ ), interdependence ( $t (84) = 2.16$ ,  $p < .05$ ) and sensitivity ( $t (84) = 1.78$ ,  $p < .10$ ) aspects of relationship.

The former husbands were also found higher in their feelings of being understood than that of the FC husbands in their overall relationship issues ( $t (84) = 4.27$ ,  $p < .001$ ) as well as on warmth ( $t (84) = 2.21$ ,  $p < .05$ ), communication ( $t (84) = 2.57$ ,  $p < .02$ ) and sensitivity ( $t (84) = 2.25$ ,  $p < .05$ ) in relationship.

### c. Wives

Similarly, the IA wives of the I-I dyads were found higher than the FC wives of the F-I dyads in their feelings of being understood not only on their overall relationship issues ( $t (84) = 3.82$ ,  $p < .001$ ) but also on issues of interdependence ( $t (84) = 2.32$ ,  $p < .05$ ) and sensitivity ( $t (84) = 2.91$ ,  $p < .01$ ) in relationship. The former wives possessed greater feelings of being understood than that of the FC wives of the F-F dyads on their overall scores of relationship ( $t (84) = 4.70$ ,  $p < .001$ ) as well as on its four dimensions, namely, warmth ( $t (84) =$

2.68,  $p < .01$ ), communication ( $t (84) = 1.95$ ,  $p < .10$ ), interdependence ( $t (84) = 2.76$ ,  $p < .01$ ) and sensitivity ( $t (84) = 3.13$ ,  $p < .01$ ).

Findings are presented in Table 8. These findings confirmed our hypothesis number 2-a.

### 3. Realization of Understanding and Misunderstanding

Matching of one person's meta-metaperspective and the other person's metaperspective on the same issue gives the scores of realization of understanding and misunderstanding. For instance, if the husband thinks she thinks that "I love her" (his meta-metaperspective) and she also thinks, he thinks that he loves her (her metaperspective), this matching reveals husband's realization of partner's understanding of his love towards her.

#### a. Husbands and Wives

The I-I, F-I and F-F dyads differed significantly among themselves on their responses of realization of understanding and misunderstanding of partners ( $F (2, 84) = 8.17$ ,  $p < .001$ ).

#### b. Husbands

The IA husbands of the I-I dyads realized their partners' understanding and misunderstanding more than the IA husbands of F-I dyads not only on overall relationship issues

Table 8

*t* Values of the Mean Differences Between Dyads on Overall Scores of Feelings of Being Understood and on Its Four Relationship Issues on TIPW

Dyads	Relationship Issues	Overall Scores		Warmth		Communication		Interdependence		Sensitivity	
		W		H		W		H		W	
		W	H	W	H	W	H	W	H	W	H
I-I - F-F		4.70***	4.27***	2.68***	2.21*	1.95°	2.57**	2.76***	NS	3.13***	2.25*
I-I - F-I		3.82***	3.44***	NS		2.57**	NS	3.05***	2.32*	2.16*	2.91***
F-I - F-F		NS	NS	NS	NS	NS	NS	NS	NS	NS	NS

df 1, 84, \*\*\*p < .001, \*\*p < .01, \*p < .02, \*p < .05, °p < .10

( $t(84) = 4.23, p < .001$ ) but also on communication ( $t(84) = 2.39, p < .02$ ), interdependence ( $t(84) = 2.56, p < .02$ ) and sensitivity ( $t(84) = 2.22, p < .05$ ) aspects of relationship.

The IA husbands of the I-I dyads picked up their partners' understanding and misunderstanding more than the FC husbands of the F-F dyads on their overall relationship issues ( $t(84) = 4.23, p < .001$ ) as well as separately on communication ( $t(84) = 2.25, p < .05$ ), interdependence ( $t(84) = 1.81, p < .10$ ) and sensitivity ( $t(84) = 2.62, p < .02$ ) aspects of relationship.

### c. Wives

The IA wives of the I-I dyads possessed high realization of their partners' understanding and misunderstanding on their overall ( $t(84) = 3.75, p < .001$ ) as well as on warmth ( $t(84) = 1.81, p < .10$ ), communication ( $t(84) = 2.06, p < .05$ ), interdependence ( $t(84) = 2.35, p < .05$ ) and sensitivity ( $t(84) = 2.41, p < .02$ ) when compared with the FC wives of the F-I dyads. The former wives were also higher on the same aspects of realization than those of the FC wives of the F-F dyads on their overall relationship issues ( $t(84) = 2.93, p < .01$ ) and on interdependence ( $t(84) = 2.28, p < .05$ ) and sensitivity in relationship ( $t(84) = 2.41, p < .02$ ). These findings are presented in Table 9 which again confirmed our general hypothesis number 2-b.

Table 9

t Values of the Mean Differences Between Dyads on Overall Scores of Realization of Understanding and Misunderstanding of the Partners and o Its Four Relationship Issues on IPM

Dyads	Relationship Issues	Overall Scores	Warmth	Communication		Inter-dependence		Sensitivity	
				W	H	W	H	W	H
I-I - F-F		2.93***	4.23***	NS	NS	2.25*	2.28*	1.81 <sup>a</sup>	2.41** 2.62***
I-I - F-I		3.75***	3.20***	1.81 <sup>a</sup>	NS	2.06*	2.39**	2.35*	2.56** 2.41** 2.22*
F-I - F-F		NS	NS	NS	NS	NS	NS	NS	NS

df 1, 84, \*\*\*p < .001, \*\*p < .01, \*\*p < .02, \*p < .05, ♦p < .10

B. Analysis of the Derived Scores from the Main Variables of IPM

1. Understanding of Agreements or Disagreements and Misunderstanding of Agreements or Disagreements

Spouses' understanding of agreement was obtained from the congruence of understanding and agreement responses, understanding of disagreement was obtained when understanding responses of spouses was congruent with their disagreement responses. Misunderstanding of agreement was derived when spouses' misunderstanding and agreement were expressed on the same issue; misunderstanding of disagreement was assessed when spouses' misunderstanding and disagreement were expressed on the same issue. For instance, if husband's and wife's direct perspectives do not match, it is still possible that there may be a conjunction between one spouse's direct perspective with the other's metaperspective. It only means that they disagree on an issue but understand their disagreement. Another possibility could be that husband and wife agree on their direct perspectives, but have disjunction between one spouse's direct perspective and the other's metaperspective. This would show that they agree on an issue but misunderstand their agreement.

a. Husbands and Wives

The I-I, F-I and F-F dyads significantly differed among themselves on their scores of understanding of agreements ( $F (2, 84) = 28.68, p < .001$ ), understanding of disagreements

( $F(2, 84) = 16.70, p < .001$ ) and misunderstanding of disagreements ( $F(2, 84) = 7.29, p < .01$ ).

b. Husbands

In line with our expectations, the IA husbands of the I-I dyads revealed significantly increased understanding of the agreed upon issues ( $t(84) = 4.02, p < .001$ ) and reduced misunderstandings of the disagreed upon issues ( $t(84) = 4.45, p < .01$ ) when compared with the IA husbands of the F-I dyads. Furthermore, the IA husbands of the I-I dyads scored significantly higher than the FC husbands of the F-F dyads in understanding their agreements and ( $t(84) = 4.58, p < .001$ ) had fewer occasions of having misunderstanding over the disagreements ( $t(84) = 5.24, p < .001$ ).

In the case of understanding of the agreed and disagreed upon issues, our hypothesis number 2-d was partially rejected. The IA husbands of the I-I dyads understood their disagreements in fewer instances than the IA husbands ( $t(84) = 2.93, p < .01$ ) of the F-I dyads. Similar pattern was demonstrated when the IA husbands of the I-I dyads were compared with the FC husbands of the F-F dyads ( $t(84) = 3.88, p < .001$ ).

c. Wives

Similarly, the IA wives of the I-I dyads also understood their agreements with their husbands more than the FC wives of the F-I dyads ( $t(84) = 4.41, p < .001$ ). The IA wives

of the I-I dyads also manifested greater understanding of their agreements ( $t(84) = 4.57$ ,  $p < .001$ ) and lesser misunderstanding of their disagreements ( $t(84) = 1.91$ ,  $p < .10$ ) in comparison to the FC wives of F-F dyads.

The IA wives of the I-I dyads understood their disagreement in fewer instances than the FC wives of the F-I dyads ( $t(84) = 7.35$ ,  $p < .001$ ). The former wives also scored lower than the FC wives ( $t(84) = 5.20$ ,  $p < .001$ ) on their understanding of disagreements. These findings partially confirmed our general hypothesis number 2-b. These findings are presented in Table 10.

## 2. Realization and Failure of Realization of Understanding or Misunderstanding

The realization of understanding or failure of realization of understanding required "a comparison between the person's feelings that he is or is not understood, and whether, in fact, he is or is not understood. Thus a person may feel understood, when he is or when he is not. In the first case he realizes that he is understood; in the second, he fails to realize that he is not. Again, a person may feel misunderstood. He may be correct in this feeling, that is, he realizes that he is misunderstood; or he may be incorrect, that is, in supposing that he is misunderstood, when in fact he is understood, he fails to realize an understanding that in fact exists" (Laing, Phillipson & Lee, 1966, p. 69).

Table 10

t Values of the Mean Differences Between Dyads on Their Overall Scores of Understanding of Agreements-Disagreements and Misunderstanding of Agreements-Disagreements on IPM

Dyads	IPM Variables	A + U		A + M		D + U		D + M	
		W	H	W	H	W	H	W	H
I-I - F-F		4.57****	4.58****	NS	NS	5.20***	3.88***	1.91*	5.24****
I-I - F-I		4.41****	4.02****	NS	NS	7.35***	2.93***	NS	4.45****
F-I - F-F		NS	NS	NS	NS	2.14*	NS	NS	NS

df 1, 84, \*\*\*p < .001, \*\*p < .01, \*p < .02, \*p < .05, \*p < .10

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### a. Husbands and Wives

The I-I, F-I and F-F dyads significantly differed among themselves in realizing their spouses' understanding or in making correct assumptions that they were understood ( $F (2, 84) = 13.01, p < .001$ ), and in their failure in realizing their partners' understanding and in making correct assumptions about their feelings of being misunderstood ( $F (2, 84) = 6.81, p < .01$ ) on overall relationship issues. These dyads also differed among themselves in their failure of realization of their partners' understanding and in making correct assumptions about their being misunderstood ( $F (2, 84) = 6.67, p < .01$ ).

### b. Husbands

Further analysis of these results suggested that the IA husbands of the I-I dyads were quite capable of recognizing their partners' understanding and they were more correct in making these assumptions of being understood than the IA husbands of the F-I dyads ( $t (84) = 3.71, p < .001$ ) and the FC husbands of the F-F dyads ( $t (84) = 4.34, p < .001$ ) on overall relationship issues.

On the other hand, realization of partners' misunderstanding revealed that the IA husbands of the I-I dyads had such feeling to a much less extent than the FC husbands of the F-F dyads ( $t (84) = 2.48, p < .02$ ). The IA husbands of the F-I and the I-I dyads did not differ regarding this aspect. These IA

husbands of the I-I dyads, on the contrary, were faced with lesser failures in recognizing the understanding of their partners as compared with the IA husbands of the F-I dyads ( $t (84) = 3.76$ ,  $p < .001$ ) and the FC husbands of the F-F dyads ( $t (84) = 3.39$ ,  $p < .01$ ) on overall relationship issues.

c. Wives

Similarly, the IA wives of the I-I dyads significantly differed from the FC wives of the F-I dyads ( $t (84) = 4.83$ ,  $p < .001$ ) and the F-F dyads ( $t (84) = 4.75$ ,  $p < .001$ ) regarding their feelings of realization of their partners' understanding. But the former groups of wives scored lower on realization of their partners' misunderstanding than the FC wives of the F-I ( $t (84) = 3.23$ ,  $p < .01$ ) and the F-F dyads ( $t (84) = 4.66$ ,  $p < .001$ ) on their overall relationship issues. The IA wives of the I-I dyads also made fewer incorrect assumptions regarding their being misunderstood as well as faced fewer occasions of failures in understanding their spouses than the FC wives of the F-I dyads ( $t (84) = 2.79$ ,  $p < .01$ ) and the F-F dyads ( $t (84) = 2.83$ ,  $p < .01$ ). These findings again partially confirmed our general hypothesis number 2-c. These findings are presented in Table 11.

Table 11

**t** Values of the Mean Differences Between Dyads on Their Overall Scores of R+U (U-C), R+M (Mis-C), F+U (Mis+Inc) and F+M (U-Inc) on IPM Variables

IPM Variables	R+U (U-C)		R+M (Mis-C)		F+U (Mis-Inc)		F+M (U-Inc)	
	Dyads	W	H	W	H	W	H	W
I-I - F-F	4.75***	4.34***	4.66***	2.48**	2.83***	3.39***	NS	NS
I-I - F.I	4.83***	3.71***	3.23***	NS	2.79***	3.76***	NS	NS
I-I - F-F	NS	NS	NS	NS	NS	NS	NS	NS

df 1, 84, \*\*\*p < .001, \*\*p < .01, \*\*p < .02, \*p < .05, \*p < .10

#### IV. Dyadic Analysis of IPM Variables of Husbands' and Wives' Scores

Using 't' test, analysis of the IPM scores of the IA husbands and the IA wives of the I-I dyads revealed similarity in their understanding each other. Specially they understood each other's disagreements frequently and hardly had misunderstandings on disagreed upon issues. In addition to it, they were also more or less similar in realizing each others' misunderstanding. On the other hand, the comparisons of husbands and wives in the F-F and the F-I dyads revealed that in both kinds of dyads, the FC wives scored higher on understanding than their spouses ( $t (84) = 3.15$ ,  $p < .01$  (in F-I dyads);  $t (84) = 1.96$ ,  $p < .10$  (in F-F dyads)). Similarly, the FC wives of the F-F dyads and the FC wives of the F-I dyads also possessed higher understanding of disagreements than their FC ( $t (84) = 2.11$ ,  $p < .05$ ) and the IA husbands ( $t (84) = 3.30$ ,  $p < .01$ ) respectively. Furthermore, the FC wives of the F-F and the F-I dyads manifested more realization of the FC ( $t (84) = 2.35$ ,  $p < .05$ ) and the IA husbands' misunderstandings respectively ( $t (84) = 1.78$ ,  $p < .10$ ). Lastly, fewer responses of misunderstanding of disagreed upon issues were observed in the FC wives of the F-F ( $t (84) = 3.51$ ,  $p < .001$ ) and the F-I dyads ( $t (84) = 3.14$ ,  $p < .01$ ) when compared with their FC and IA husbands respectively. In the I-I dyads spouses did not reveal such differences between them on all the variables of IPM. These findings are presented in Table 12.

Table 12

t Values of the Mean Differences Between Spouses in Each of the I-I, F-I and F-F Dyads on IPM Variables

IPM Variables Spouses in Each Dyad	Understanding	D + U	D + M	R + M
I-I	NS	NS	NS	NS
F-I	3.15****	3.30****	3.14****	1.78*
F-F	1.96*	2.11**	3.51****	2.35**

df 1, 84, \*\*\*\*p < .01, \*\*\*p < .02, \*\*p < .05, \*p < .10

#### V. Summing Up of Findings

Summing up, based on our findings, a brief sketch of each identity status is presented below.

#### IA Wives (I-I Dyads)

The IA wives had high psychosocial maturity as well as possessed heightened sense of trust, autonomy, initiative, industry, ego identity and intimacy. They expressed increased capability of establishing emotional closeness as well as of accepting those people who differed from them in opinions, values and ideals. When compared with their IA husbands, these wives showed similarity with them on all these aspects of development. On the cognitive dimensions of IPM, they

manifested high number of agreements, understanding, understanding of their agreements, feelings of being understood correctly and realization of their partners' understandings on various relationship issues. Specifically they revealed high cognitive awareness on the dimension of interdependence.

#### FC Wives (F-F and F-I Dyads)

The FC wives, unlike the IA wives, were low on their overall psychosocial maturity. They had more conflicts on all the five stages of development. When compared with same identity status husbands (FC), they manifested more conflicts on the stages of autonomy, initiative, industry and ego-identity. The FC wives of the F-F dyads manifested less ability to relate to others intimately and tried to maintain their identity by repudiating themselves from others who were different from them. But the FC wives of F-I dyads expressed more emotional closeness than the FC wives of F-F dyads. On cognitive dimensions of IPM, the FC wives of both the F-F and the F-I dyads were more or less similar and revealed a reduced number of agreements, understanding, feelings of being understood correctly and realization of understanding unlike the IA wives on overall relationship issues. But in comparison to their husbands, the FC and the IA ones, the FC wives of both the dyads revealed greater understanding of them as well as more understanding of disagreed upon issues.

### IA Husbands (I-I and F-I Dyads)

The IA husbands of both the dyads were found to be higher in their overall psychosocial maturity and manifested greater sense of trust, autonomy and initiative than the low identity status husbands. The IA husbands of the I-I dyads revealed higher intimacy than the IA husbands of the F-I dyads. More specifically both the IA husbands were similar in their emotional closeness but the latter became higher than the former ones on distantiation as they related with their FC wives. On the cognitive dimensions of IPM, the IA husbands of the I-I dyads revealed greater agreements, understanding, understanding of agreements, feeling of being understood correctly, realization of understanding on their overall relationship issues than that of the IA husbands of the F-I dyads. The latter ones revealed their similarity with the FC husbands of the F-F dyads. The IA husbands of I-I dyads manifested an overall high cognitive awareness on the dimension of sensitivity in relationship.

### FC Husbands (F-F Dyads)

The FC husbands were low in their overall psychosocial maturity but similar to the IA husbands in their development of sense of industry and ego-identity. They were also similar to the IA husbands in their individual scores of intimacy. But they were lowest on intimacy when scores were analysed in dyadic terms. They were found incapable of expressing emotional

closeness and kept their 'buffer zone' safe by distancing from other people who differed from them. They were also higher in manifesting their discrepancies on cognitive dimension of IPM and thus revealed their decreased agreements, understanding, feelings of being understood correctly and realization of their partners' understanding on overall relationship issues.

## CHAPTER 4

## DISCUSSION

The main focus of this chapter is to discuss the findings which confirm and disconfirm the general hypotheses about the quality of relationship established by husbands and wives belonging to similar and nonsimilar identity statuses. The meaningfulness of these findings is highlighted through other available research in interpersonal dynamics and psychosocial maturity.

## I. Interpretation of the Major Findings

## A. Measures of Ego Identity Status

The levels of ego identity status of couples, obtained in the initial screening through the use of EI-ISB and SSIS, were confirmed by corresponding scores on PMQ. The IA spouses had an overall high psychosocial development when compared with the FC spouses. The existence of high scores on trust, autonomy and initiative in the IA male spouses and on trust, autonomy, initiative, industry and identity in the IA female spouses leads one to conclude that the differences between the IA and the FC spouses were more basic than superficial. By having successfully made their own way through dilemmas of earlier stages, the IA spouses established their psychosocial superiority both longitudinally and contemporaneously when compared with the FC

spouses. Findings also indicated that the FC male spouses were more mature than the FC female spouses. The former spouses had resolved the crises of autonomy, initiative, industry and ego identity better than the latter spouses. Both the IA male and the IA female spouses were similar in their preceding stages of development with no significant difference in their overall scores either.

For both the IA male and the IA female spouses, these findings were in conformity with the findings of earlier study in which the IA subjects displayed higher overall psychosocial maturity than the FC subjects (Marcia, 1966). In addition, our findings supported other investigators who reported differences between the IA and the FC subjects on autonomy (Matteson, 1974; Waterman, Buebel & Waterman, 1970; Waterman & Goldman, 1977; Andrews, 1973), trust, industry and identity (Lavoie, 1976; Gilmore, 1971; Bauer & Synder, 1972).

Based on the criteria of crisis and commitment, a noteworthy point between the IA male and the IA female subjects was that both sexes had reached the same identity status but through rather different routes. The identity of male spouses was culminated through occupation and ideology whereas the identity formation of females had its anchoring in the areas of interpersonal relationships and sex. However, unlike the females in the Western setting, the critical issue for the

Indian females was not premarital sex but relationships in which formulation of views about sex was one of the aspects.

#### B. Sense of Intimacy in Marital Dyads

The expression of more intimacy by the IA wives than by the FC wives was displayed in their experiences of emotional closeness, sympathetic concern, spontaneity, warmth and real exchange in their interactions with their husbands. The IA wives also had an internal anchoring and integrity to stand alone in the absence of external support as well as to relate to those who differed from them in their viewpoints. It appeared that the IA wives needed the "other" not for external support and protection but for sharing their experiences. It could be stated that they were capable of losing their identity temporarily in their relationship with others, when it was needed, because they were secure in having achieved it. In this regard, earlier investigators (Donovan, 1975; Marcia, 1976; Josselson, 1973) also confirmed the maturity of the IA females. They were maturer in their intimate relations when compared with females of low identity status.

A general trend of high intimacy experiences reported by female spouses confirmed that emotionally close relationships were more easily expressed and experienced by females than by male spouses. This was true of wives of both statuses. The FC wives also expressed more feelings of closeness than their FC husbands.

The males were significantly lower in the expression of emotionally close feelings. The FC husbands were even more than the IA husbands. Several factors could be operating here. Development of intimacy is possibly a prolonged matter for men as development of identity is for women (Marcia, 1977). Secondly, the operation of sex role standards cannot be overlooked specially in the Indian setting. Earlier formulations (Bakan, 1966; Gutmann, 1965; 1970) in which males were reported to be more agentic and allocentric and females as more communal and auto-centric in their ego styles seem relevant here also. Carlson (1971) reported that males manifested self-assertion and they generally repressed their expression of thoughts, feelings and impulses.

However, of much interest is the finding of within sex differences in the expression of intimacy between the IA and the FC wives. These differences are developmental in nature relating to their identity status. By definition the FC wife is traditional, accepting the female value system. Her sex role supports expression of closeness. Her identity development does not possibly equip her to cope with the threat of self-abandon that these feelings can engender. Further research is needed to explore the underlying dynamics by which the FC wives attain this delicate balance.

Another factor which could have restricted the expression of intimacy in husbands could be the female sex of

the researcher. Though no checks were made to control this inadvertent interaction, the possibility that it could have happened cannot be ruled out.

Similarity of intimacy scores between the IA and the FC husbands did not receive confirmation from other investigators (Yufit, 1956; Simmon, 1969; Constantinople, 1969; Orlofsky, Marcia & Lesser, 1973) who reported differences between them. However, interpreting these scores alongwith other set of findings from our data, it is suggested that there are some qualitative differences present in the experiences of the FC and the IA husbands despite the overt similarity of intimacy professed by them. Unresolved conflicts of the FC husbands around trust, autonomy and initiative, most important stages in the establishment of healthy relationship, led one to suspect qualitative differences in their expression of intimacy with their spouses. Furthermore, the difference in the intimacy of the FC husbands is also interpreted from the kind of marriage they contracted with their spouses. The FC husbands conceded to the customary wishes of the elders who "arrange the match". The fact that the FC husbands submitted to this mode of choosing the spouse gives different meaning to the subsequent husband-wife relation. A wife proffered to them by their parents becomes more a "function" in the total family kinship pattern rather than a separate identity for the husband. The data revealed that there were no self chosen marriages in the F-F dyads and

only two in the F-I dyads. Except for two couples, in all the F-F and F-I dyads, the marriages were sometimes arranged without even getting their consent. On the other hand, the IA spouses of the I-I dyads in most of the cases (7 out of 10) demonstrated their initiative in choosing their spouses. It must have taken considerable initiative and decision to choose their spouses independently of their parents and enter this relationship out of their own volition (and possibly not without protests from the families). This fact is noteworthy, considering that it is neither an easy nor a socially acceptable way of marrying in the Indian setting.

That the intimacy of the FC husbands was qualitatively different gained further support from the fact that the FC husbands developed asymmetrical reciprocity with their wives unlike the F-I and the I-I dyads who had symmetrical reciprocity with their wives in their emotional closeness. In any case, this issue of identifying significant correlates of intimacy related to the identity levels need further exploration.

The dyadic analysis of intimacy scores of spouses suggested that in the interaction of the IA husbands and the IA wives, they experienced the other as close, warm and spontaneous. A stable sense of identity gives a feeling of anchor to the person, a comfort in experiencing oneself. Mutually rewarding emotional experiences can facilitate repetition of the affect.

In other words, they were mature in their loving relationships (Orlofsky, Marcia & Lesser, 1973; Marcia, 1975).

The fact of spouses' intimacy in the dyads can be understood in the light of the norm of reciprocity (Gouldner, 1960) which stated that the behavior of the members in a dyad is functional for each other and that the members tended to reciprocate each others' experiences. In the course of interactions, the experience of members becomes contingent upon the behavior of the other.

Interpreting results in this framework, the emotional closeness of husbands seemed to be reciprocated by their wives. Accordingly, wives' expression of intimacy seemed to be dependent on their experiences of their husbands' expression of emotional behavior. In the I-I dyads, the cycle of positive experiences of intimacy does not get disrupted as both the partners symmetrically experienced high intimacy in their relationships.

#### C. Interpersonal Perception of Relationships in Marital Dyads

The intimacy of the I-I, F-I and F-F couples was further explored through spouses' cognitions of the others' behavior and experience. Comparison of these perspectives provided yet another avenue of understanding their dyadic relationship.

Corresponding to the findings on emotional intimacy, the cognitive dimensions yielded comparable results. The I-I dyads, unlike the two other dyads, perceived issues pertaining to their relationship with least number of discrepancies in their direct perspectives. Both the IA spouses agreed that their relationship was warm, supportive, communicative, marked by concern, interdependence and perceptiveness. For example, if both wives and husbands stated equal degree of support for each other it was an index of their agreement on their direct perspective.

Findings (Anderson, 1967; Rokeach, 1960; Levinger & Breedlove, 1966) of earlier studies have indicated that similarity between husbands and wives on attitudes is commensurate with marital satisfaction and mutual liking. A large number of agreements observed between couples of the I-I dyads suggested that this may be true of them also when compared with other two dyads.

The I-I couple's understanding of their relationship as more interdependent, warm and supportive than the F-I and the F-F couples denoted that the I-I couples had fewer discrepancies between their direct perspectives and spouses' metaperspectives. For example, when the wife felt that she had the ability to "know" her husband's feelings without the husband expressing them verbally (her direct perspective) and the husband correctly perceived that she had this capability (his metaperspective), it

showed that he understood her on this issue (as his metaperspective matched with her direct perspective).

The process of understanding implied a cognitive view of others' perspectives on the issues relevant to their relationship. Both husband and wife had the capability of thinking objectively and accurately about what the other was thinking and feeling about the same aspect of their relationship. Keeping in view this process, the findings revealed that the I-I dyads appeared to have highly precise and accurate perception of others' views on their overall issues. This was observed in an earlier study also where the high identity status subjects demonstrated their ability to make fine discrimination among various ingredients of the given stimuli (Bob, 1968; Waterman & Waterman, 1974) as well as in their own and others' views (Bunt, 1968). This kind of capability helped the IA spouses to understand each other which, in turn, strengthened their interpersonal bond.

Furthermore, our findings based on the combined scores of agreement-disagreement and understanding-misunderstanding clarified more about the depth of spouses' relationships. The IA spouses of the I-I dyads were higher than other dyads not only in having understanding with each other on agreed upon issues but also in having fewer misunderstanding between them even when they disagreed in their views. It could be that their high awareness of self and others (Josselson, 1973;

Marcia, 1977), and awareness of differences (Allen, 1976) helped them to achieve this agreement despite differences in view.

The I-I couples' increased feelings of being understood suggested that both the IA spouses recognized the similarity between their own and their partners' interpersonal experiences. This meant that when husband expressed his feelings to cooperate with his wife (his direct perspective) and he recognized that his wife also thought that he wanted to cooperate with her (his meta-metaperspective), it showed his feelings of being understood (as his direct and meta-metaperspectives matched).

The I-I couples were reinforced in their cognitions by the correct awareness of their assumptions about the relationship. These also attributed positive elements to their sense of identity. In addition to this, whenever these I-I couples were misunderstood, they were incorrect only infrequently. This clarity of whatever they felt about their relationship was correct as both partners had similar perception on the same issue. The earlier reports of the IA subjects had also indicated that these subjects generally enjoyed the positive experiences in their relationship with other (Shaffer, 1976) when they were evaluated by them positively (Cabin, 1966).

Realization of understanding and misunderstanding meant that one spouse recognised that the other person understood or misunderstood him or her. For example, the husband's

realization that the wife understood him was revealed when the husband showed awareness of the wife's views that he enjoyed being with her (her metaperspective) and this matched with what he thought she thought about his feelings of enjoyment with her (his meta-metaperspective). Both the IA spouses of the I-I dyads, in this study, demonstrated that they possessed higher capability of realizing each others' understanding than the F-I and the F-F dyads. The process of realization illustrated that the IA spouses of the I-I dyads not only possessed awareness of their own and their partners' views but they also had awareness of what their partners would have thought about their own feelings. This kind of cognitive awareness focussed on their deep and penetrating insight into each others' relationships. The high identity status of both spouses, in interaction with each other, seemingly influenced their relationship and made it mutual healthy and mature. As in earlier studies, the self and others' awareness was found to be a characteristic of intimate and mutual marital relationships (Ehrenberg, 1975) and healthy interpersonal relationship (Jourard, 1967). A couple of other studies (Orlofsky, Marcia & Lesser, 1973; Josselson, 1973) of the IA subjects also reported similar findings in which the self and others' awareness characterized the IA subjects' intimate relationships.

Laing, Phillipson and Lee's (1966) concept of spiral of reciprocity stated that "husband's behavior towards wife

affects her experience of him, which, mediated back to him by her behavior towards him, in turn, influences his experience of her. Through this circuit he may feel that his experience is directly related to her experience" (p. 26). Interpreting our findings in this framework, it could be stated that the IA husbands and the IA wives of the I-I dyads reverberated back their own experiences of agreements, understanding, being understood, realization of partners' understanding on overall issues to themselves. These experiences of the I-I couples could also have acted as a reinforcer for them to make their relationship progressively better. The circularity of such experiences by both the partners promoted their positive feelings about the relationship as well as strengthened their sense of identity to relate to each other. Jourard (1964) called this acceleration as the "dyadic effect". Each of the IA spouses' actions appeared to be feeding more positively into this unit of relationship. In addition to this, the high accuracy of the I-I spouses' perceptions of their partners seemed to be building up their mutual relationship. According to Wilmot (1975) such accuracy of perceptions, characteristic of the progressive spirals, seemed to be manifested by spouses of the I-I dyads.

On the other hand, in nonsimilar identity status couples (F-I), generally the IA husbands' scores of agreement, understanding, feelings of being understood and realization of partners' understanding on most of the relationship dimensions

seemed to be moderated by the low identity status (FC) of their wives. It was very likely that husbands' identity status, an independently significant variable, was operationally affected in its interactions by the low identity status of their wives. In a number of instances, the IA husbands of the FC wives viewed their relationships more or less like the FC husbands of the FC wives. Whereas the FC wives of the IA husbands consistently viewed their relationship like the FC wives of the FC husbands. The FC wives' relationship were observed to be characterized by greater discrepancies in their direct, meta and meta-meta perspectives than that of the IA wives. They possibly cycled back these discrepancies to their partners. The FC wives who had high incongruity did not "allow" their IA husbands to express accuracy even when they were potentially capable of doing so. The IA husbands reciprocated at the level at which the FC wives expressed their accuracy. These couples revealed the characteristics of "regressive spirals" (Wilmot, 1975). Wilmot (1975) also pointed out that "the person who has reduced interest in others and does not form effective relationship, suffers a lower esteem, which in turn cycles back and produces less interest in others" (p. 126). The FC wives were observed here as well in other studies (Josselson, 1973) to be low in psychosocial maturity and low in establishing close relationships.

Findings of intimacy as well as interpersonal perception of relationships of the F-I dyads have clearly reflected that the quality of their relationship lowered as contrasted with the I-I dyads. This is suggestive of the fact that nonsimilarity of spouses' identity levels influences their interpersonal experiences. Our findings seem to be in line with the earlier reports in which the nonsimilarity of the spouses regarding their mental health (Murstein, 1963) and personality traits like dominance-submission (Halvasa & Podrobsky, 1973; Holzman, 1973) and extroversion-introversion (Lindner, 1973) was observed to be negatively influencing the progression of couples courtship behavior as well as their general interactional patterns respectively.

A very clear cut difference was observed in the intimacy experiences and cognitive perception of relationships of the F-I dyads. The bilateral effect of reciprocity was observed on their affective experiences to some extent. On their cognitive perception of relationships, the FC wives relationship lowered the potential capabilities of their IA husbands. It could either be due to their low psychosocial maturity or due to their stability maintained in stereotypical role-oriented mould. This fact of their stability gets more support when the FC females revealed higher understanding and realization of misunderstanding of their partners even though they interacted with husbands of different identity statuses.

A general pattern, that the IA husbands and the IA wives were accurate in perceiving sensitivity and interdependence dimensions of relationship respectively, can be interpreted in the framework of Bakan (1966) and Gutmann (1970). According to them, the self and other can be perceived by males in an objectified and separate manner unlike females. In our study, the differences observed in the pattern of accuracy of the husbands and wives for different dimensions seem to be following the pattern of sex differences suggested by them (Gutmann, 1970; Bakan, 1966).

In brief, the findings of the study revealed that the high identity status couples possessed high intimacy not only in their affective experiences but also in their cognitive perception of these experiences when compared with the low identity status couples. Secondly, the interaction of the high identity statuses of husbands and wives reciprocated and facilitated their experiences of the relationship positively whereas the non-similarity of identity statuses in couples influenced both spouses differently. Lastly, the study also permitted us to conclude that generally the area of premarital sex did not seem to be critical in discriminating females on identity statuses. Their crisis was mainly centered around establishing relationship, with sex as one of its component.

## II. Retrospect and Prospect

Though the study bears some limitations characteristic of carrying research in a live setting, it nonetheless provides insight into the relationship between identity achievement, intimacy and dyadic perception, of issues of marital relationship. It incorporates dyadic perspectives at the level of ego identity status of couples and their perceptions of relationship, hitherto considered separately and rarely, in a unified framework.

The study highlighted that the levels of individuals' ego identity achievement as well as the interaction of their identity statuses operated and influenced spouses' individual as well as dyadic experiences in their marital relationship. As this investigation could not cover all combinations of identity status, of similar and nonsimilar types, its wider applicability is still limited. Further research could throw light on the nature of such relationships as well as provide a broader basis of comparison of groups. Particularly, counter-balancing the I-F dyads with the F-I dyads could highlight the respective role of husbands' and wives' maturity in such pairings.

In addition to it, the sense of intimacy in males is also needed to be validated further on the basis of trends provided by the present research. Detailed exploration of the IA and the FC males regarding the qualitative differences in

their intimacy would provide further clarity on these issues. Future research could also explore the differences of intimacy of males and females of high and low identity status in the light of sex differences in their ego styles. Another area of research could be the study of differences in the perceptual accuracy on relationship issues of males and females.

As in all developmental studies, it would be of great advantage to follow through these dyads to the next stage of generativity and to again assess their styles of handling the crises of the seventh stage. Will the female partner of the dyad again raise the identity issues in her thirties and try to resolve them differently from her male partner in the dyad? It would also be advantageous to explore whether the maturity of the preceding stage, the accuracy of perceptions, intimacy and understanding of relationships make it possible for the I-I dyads to do better in their task of psychosocial maturity later. By providing the empirical data, this study makes it possible to formulate the developmental crises of the middle age with greater keenness and accuracy than has been hitherto possible to do.

Briefly, this study contributed to Erikson's theory of psychosocial maturity and particularly to the development of sense of intimacy and spouses' perspectives of relationship issues. Eventhough, these findings are specific to the

relationship of married couples, these have a general significance for a variety of relationships which are enduring and characterized by close interactions.

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## APPENDIX A-1

## PRELIMINARY INCOMPLETE SENTENCE BLANK

Code No. \_\_\_\_\_ Age \_\_\_\_\_

Instructions: This is an incomplete sentence blank containing 25 incomplete sentences. This is to know about your feelings, attitudes and opinions towards few aspects. You have to complete these sentences with the ideas that come to your mind. Do not spend too much time on one sentence. Please write your first reaction as much honestly as you can. Do not bother whether the answers are correct or incorrect. This data will be only used for research purposes and will not be made available to anybody else. Your cooperation is very much appreciated.

The incomplete sentences for females and males are given below.

## (a) Female

1. When I consider my goals in the light of family's goals  
-----
2. I am at my best when -----
3. I always wanted to be -----
4. When I let myself go -----
5. To me motherhood is -----
6. I know that I can always depend upon -----
7. Choose one:-      I am -----  
                        I am not -----
8. It seems I have always -----
9. What happens to me depends upon -----
10. I wish I could make up my mind about -----\*
11. To me sex -----

12. As compared to four years ago I \_\_\_\_\_
13. I belong to \_\_\_\_\_
14. To change my mind about my feelings towards religion \_\_\_\_\_
15. If one commits oneself \_\_\_\_\_
16. Ten years from now \_\_\_\_\_
17. It makes me feel good when \_\_\_\_\_
18. In close relationship with the other person, I \_\_\_\_\_
19. To me love and sex are \_\_\_\_\_
20. In selecting her mate, a girl should depend upon \_\_\_\_\_
21. When I walk into a room and know that everybody is looking at me, I \_\_\_\_\_.
22. I like if my husband \_\_\_\_\_
23. I feel that my woman's role is \_\_\_\_\_
24. Whenever I am in difficult situation I \_\_\_\_\_
25. To me marriage and career \_\_\_\_\_

## (b) Male

Code No. \_\_\_\_\_ Age \_\_\_\_\_

1. For me, success would be \_\_\_\_\_
2. When I consider my goals in the light of my family's goals \_\_\_\_\_
3. I'm at my best when \_\_\_\_\_
4. Sticking to one occupational choice \_\_\_\_\_
5. When I let myself go I \_\_\_\_\_
6. I chose this profession after \_\_\_\_\_
7. I know that I can always depend on \_\_\_\_\_

8. (Choose one)    a. I am \_\_\_\_\_  
                     b. I am not \_\_\_\_\_
9. It seems I've always \_\_\_\_\_
10. I wish I could make up my mind about \_\_\_\_\_
11. Getting involved in political activity \_\_\_\_\_
12. What happens to me depends on \_\_\_\_\_
13. As compared with four years ago, I \_\_\_\_\_
14. I belong to \_\_\_\_\_
15. To change my mind about my feelings toward religion \_\_\_\_\_
16. If one commits oneself \_\_\_\_\_
17. Ten years from now, I \_\_\_\_\_
18. It makes me feel good when \_\_\_\_\_
19. The opinions of others are \_\_\_\_\_
20. Proving myself to others is \_\_\_\_\_
21. When someone tells me something about myself I \_\_\_\_\_
22. If I could change my name \_\_\_\_\_
23. My goals are \_\_\_\_\_
24. The things that I want out of life are \_\_\_\_\_
25. When new fashions and ideas come along I \_\_\_\_\_

Scoring: Scoring of both forms is done with the help of  
Marcia's (1964) manual.

## APPENDIX A-ii

## SEMI STRUCTURED INTERVIEW SCHEDULE

## Introduction:

Where are you from? How did you happen to come to this institute?

What is your father? Did your father go to college? Where? What does he do now?

What about your mother? Did she go to college? Where? What does she do now?

## Occupation:

You said you were doing \_\_\_\_\_; what do you plan to do with it?

When did you come to decide on \_\_\_\_\_? Did you consider anything else?

What seems attractive about \_\_\_\_\_?

Most parents have plans for their children, things they would like them to go into or do - did your parents have any plans like that for you? How do your parents and others feel about your plans now?

How willing do you think you would be to change this if something better came along? (If S responds: 'What do you mean better?') Well, what might be better in your terms?

## Religion:

How do you feel about religion? Do you have any particular religious affiliation or preference?

How about your people at home?

Were you very active in religious matters? In what way? How about now? Do you get into many religious discussions?

How do your parents feel about your religious beliefs?  
Even now?

Are your view different from theirs? How?

Was there any time when you came to doubt any of your religious beliefs? When? How did it happen? How did you resolve your questions? How are things for you now?

#### Politics:

Do you have any particular political preference? How about your parents or elder?

Were you ever active in taking any kind of political action - joining groups, writing letters, participate in demonstrations - anything like that?

Any issue you feel pretty strongly about? Do you get into political discussion often? Are your views different from your parents? How do they feel about your views? Any particular time when you decided on your political beliefs?

What did you think of the past elections?

#### Sexuality:

What were your views about sex before marriage?

How about your views after marriage? Now? Is there any change? When did it occur?

How about your parents' views? Can you guess?

Did you ever happen to get into discussion about it? Do you perceive any difference in your view and your parents views about sex?

#### Women's Role:

What are your views about women's role in society?

Did you always think like this? Or is there any change in your views about women's role?

When did this change occur? Do you get into discussion with others about women's role and her place in society?

What about your parents' views? Is there any difference? How do they feel about your feelings?

Is there any significant issue about women which strikes you most?

### SSIS

#### Scoring Sheet

Identity Status:

Code No. \_\_\_\_\_

Sex      M      F

#### Interview Rating Sheet

Crisis: Degree of struggle with or involvement in own decisions.

Commitment: Unwaveringness of choice

##### (A) Occupation:

Crisis	1	2	3	4	5
	Absent	Present			

Commitment	1	2	3	4	5
	Absent	Specific Unwavering			

Status \_\_\_\_\_

##### (B) Religion:

Crisis	1	2	3	4	5
	Absent	Present			

Commitment	1	2	3	4	5
	Absent	Specific unwavering			

Status \_\_\_\_\_

Status \_\_\_\_\_

(C) Politics:

Crisis	<u>1</u>	2	3	4	5
	Absent				Present

Commitment	<u>1</u>	2	3	4	5
	Absent		Vague, general		Specific Unwavering

Status \_\_\_\_\_

(D) Sexuality:

Crisis	<u>1</u>	2	3	4	5
	Absent				Present

Commitment	<u>1</u>	2	3	4	5
	Absent		Vague, general		Specific Unwavering

Status \_\_\_\_\_

(E) Women's Role:

Crisis:	<u>1</u>	2	3	4	5
	Absent		Vague, general		Specific Unwavering

Commitment Some as above

Status \_\_\_\_\_

Identity Status \_\_\_\_\_

## RESEARCH DATA BOOKLET

Please give your responses to the following items as honestly as possible. The data will be used only for research purposes. It will not be available to anyone except the researcher. Your cooperation is very much appreciated.

BIOGRAPHIC DATA

1. Code No. \_\_\_\_\_ 2. Age \_\_\_\_\_ Years \_\_\_\_\_ Months \_\_\_\_\_

3. Education: Check the last exam passed

- (a) High school or equivalent
- (b) Intermediate
- (c) B.A.
- (d) M.A.
- (e) Professional Degree/Diploma or Ph.D. etc.

## 4. Job:

Designation - - - - - Length of Service - - - - -

5. Present Earning: Mention your own salary or income from  
any other sources

Rs. 250 - 499	Rs. 500 - 799
Rs. 800 - 999	Rs. 1000 - 1499
Rs. 1500 - and above	

6. Length of Marriage \_\_\_\_\_  
Years \_\_\_\_\_ Months \_\_\_\_\_

## 7. No. of Children \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Sex of the youngest child	M	F
Sex of the oldest child	M	F

## 9. Choice of Spouses:

- (a) More or less self chosen
- (b) More or less arranged
- (c) Arranged with opportunity to meet/  
correspond after or before engagement
- (d) Imposed by parents without consent

10. Where did you spend your early years of childhood?  
Rural \_\_\_\_\_ Urban \_\_\_\_\_

## 11. Father's Education \_\_\_\_\_

## 12. Mother's Education \_\_\_\_\_

13. Profession : Mother \_\_\_\_\_  
Father \_\_\_\_\_14. Since when living away from the parents:  
Years \_\_\_\_\_ Months \_\_\_\_\_

## 15. Address of present residence:

16. Mention if anyone else is living with your family  
permanently \_\_\_\_\_

## APPENDIX A-iii

## **PSM QUESTIONNAIRE**

INSTRUCTIONS: This is not a test in the ordinary sense and there are no correct or incorrect answers. Simply read each statement and decide whether it is true as applied to you or false as applied to you.

Please mark your answers in the sheet in the following way:

(Y) (ITY) (TIN) (N)

- (A) If you agree with the statement,  
as applied to you, put an X between (X)  
( ) in the column headed Y (yes).

(B) If you agree but less completely,  
put an X between ( ) in the  
column headed MY (Mostly Yes). (X)

(C) If you disagree but not completely,  
put an X between the ( )  
in column headed MN (Mostly No). (X)

(D) If you disagree, put an X between  
the ( ) in the column headed N  
(No). (X)

It is important that you answer every statement and that you answer as honestly as you can. Remember there are no right and wrong answers. The answer is right if it describes your real feelings. Your responses will remain with the researcher only. Don't spend too much time on any one question. Usually your first reaction will describe you best. Consequently there is no need to go over previous items.

The statements are given below:

## Statements

- (1) I lose interest in things if I have to wait too long to get them.
  - (2) I always suffer from the guilt feelings even if the smallest wrong thing is committed by me.

- (3) It is best not to let other people know much about your family or background, if you can keep from it.
- (4) When I have to work I usually get pretty bored no matter what the job is.
- (5) It is very seldom that I find myself wishing I had a different face or body.
- (6) If a person wants something worthwhile he should be willing to wait for it.
- (7) I quietly go my own way.
- (8) In past years I took part and enjoyed taking part in organized group activities, clubs or government activities.
- (9) I like to tackle a tough work as it gives me a lot of satisfaction.
- (10) My way of doing things is apt to be misunderstood by others.
- (11) If I am not careful people try to take advantage of me.
- (12) I have cautious/hesitant nature.
- (13) A person who has not been a member of a well organized group or club at sometime in his teens has missed a lot.
- (14) I work best when I know my work is going to be compared with the work of others.
- (15) I have found that people I work with frequently do not appreciate or seem to understand my abilities.
- (16) In general people can be trusted.
- (17) I am free and spontaneous at my work as well as relation with others.
- (18) I am always busy doing something but I seem to accomplish less than other people even though they do not work as hard as I do.
- (19) At home I enjoyed work or spare time activities when I had to compete against others.

- (20) I feel pretty sure that I know what I really want to do in life.
- (21) The best part of my life is still ahead.
- (22) I am meticulous and over organized in my activities.
- (23) It is a good idea to have some plan as to what has to be done next, no matter how much you have to do at the moment.
- (24) I cannot concentrate on what I am doing.
- (25) I really do not have any definite goals or plans for the future, I am content to let the parents or authorities decide what I should have.
- (26) I feel I have missed my opportunity to really be a success in life.
- (27) The decisions I have made in the past have usually been the right ones.
- (28) I am afraid of my feelings of sex.
- (29) Even though I try, it is usually pretty hard for me to keep my mind on a task or job.
- (30) I attempt to appear at ease.
- (31) I am accessible to new ideas.
- (32) I believe that I must make my own decisions in important matters, as no one can live my life for me.
- (33) I am ambitious.
- (34) It seems that I cannot fulfil my ambitions.
- (35) Regardless of what people may say about me I am willing to fight for the things I value.
- (36) I am preoccupied with myself.
- (37) It does not worry me if I make a mistake in front of my friends.
- (38) I think too much about the wrong things.

- (39) I do not apply myself fully.
- (40) It is easy for me to make up my mind.
- (41) I cannot share the things with others.
- (42) After I do something I usually worry about whether it was the right thing.
- (43) I feel delighted in finding new solutions to new problems.
- (44) I am interested in learning things and like to study.
- (45) At times I think I am a mystery even to myself.
- (46) I have deep and unshakable faith in myself.
- (47) I never make any important decisions without getting help or advice from my family.
- (48) I feel inhibited and restricted in my behavior.
- (49) I am effective at my work.
- (50) Meeting new people is fun for me.

## APPENDIX A-iv

## INTIMACY QUESTIONNAIRE

Following the instructions of previous questionnaire (A-iii), please answer the following statements.

## Statements

- (1) I have difficulty in avoiding people who may get me in trouble.
- (2) I am preoccupied with myself.
- (3) I feel that I am a person who is easy to talk to.
- (4) Being without close friends is worse than having enemies.
- (5) I have sympathetic concern for others.
- (6) I seem to have the ability to make other people relax and enjoy themselves at a party or any other gathering.
- (7) I am not afraid to expose myself.
- (8) I feel very lonely.
- (9) In a group I can usually stand up for what I think is right without being embarrassed.
- (10) I am very cold and remote in my behavior.
- (11) I am quite tactful in personal relations.
- (12) In order to be comfortable or feel at ease, a person must get along with others but does not really need close friends.

## APPENDIX A-v

## IPM QUESTIONNAIRE

INSTRUCTIONS: The following questionnaire is divided in three parts. Read each statement carefully, think clamly and give your answers as much honestly and frankly as possible. Mark (✓) in front of each statement to show how much true or untrue it is for you.

- (1) If you feel that the statement is mostly true for you, mark (✓) in (++) column.
- (2) If you feel that the statement is slightly true for you, mark (✓) in (+) column.
- (3) If you feel that the statement is slightly untrue for you, mark (✓) in column (-).
- (4) If you feel that the statement is mostly untrue for you, mark (✓) in column (--).

There may be some such questions in which you find difficulty because sometimes they may be true or untrue for you but may not be true or untrue at all the times. After reading the statement, when you strongly feel that such is the case, even then you try to decide in a balanced way whether it is true or untrue for you and also put a (✓) in (?) column. It will be best if you answer the questions quickly because the first idea after reading the statement would be useful and also because you have many more questions to do.

You may feel that the questions are repeated, but they are repeated in different perspectives. Please answer all the questions in all perspectives honestly. Your cooperation is appreciated. This data will only be used for research purpose and will not be made available to anybody except me. Now you start.

The items of questionnaire are following:

## WIFE

## Section (1)

How true do you think the following are for you? Mark (✓) in the answer sheet according to the instructions given above.

1. If he criticized my faults or habits, he did so in an unreasonable manner.
2. There are lots of things which I could tell him but I am not sure how would he react to them, so I keep them to myself.
3. Even when he talks to me, I can feel that he is keeping distance from me in some or all issues.
4. In my depressed state due to any reason he tries his level best to make me feel better.
5. Even though I am slightly ill, he takes me to the doctor or gets me medicine.
6. He shares and depends on me for the solution of his difficulties when my parents in laws or other persons are coming to stay with us for long.
7. He imposes on me his thinking.
8. He easily gets irritated with my habits or faults.
9. I can tell by his expression sometimes that he says things that he does not mean.
10. Sometimes he listens and tolerates the criticisms of others or family members due to his attachment with me.
11. Even when I cannot say quite what I mean, he knows how I feel.
12. He expects too much from me.
13. I cannot disclose my weaknesses in front of him because I know that he won't be able to accept them.
14. He is ready to take the responsibility of all the activities and duties of family happily if I am not at home for few days.
15. Whether I am happy or sad, it makes no difference to him, he is always the same.

16. He is not bothered to give weightage to my opinion while deciding about going to some place or to see a movie.
17. I can give expression to my emotions of love as well as anger easily and without hesitation when I am with him.
18. He interrupts or changes the topic whenever I am talking about something that really means a lot to me.
19. He is a kind of person who can't tell a lie to me even if he thinks that it would help me.
20. I can learn a lot about myself through talking with him.
21. He seems to pressurize me to talk about things that are important to me and often leads me to talk about my deep feelings.
22. He is afraid of me whenever any mistake is committed.
23. Whenever I am in a conflicting situation, he can face upto my anxiety and conflicts.
24. There are times when I do not have to speak, he knows how I feel.

### Section (ii)

How do you think that your husband would answer the following? Mark (✓) in the answer sheet according to the instructions given above.

1. If she criticized my faults she did so in an unreasonable manner.
2. There are lots of things which I could tell her but I am not sure how she would react to them, so I keep them to myself.
3. Even when she talks to me, I can feel that she is keeping distance from me in some or all issues.
4. In my depressed state due to any reason she tries her level best to make me feel better.
5. Even though I am slightly ill, she takes me to the doctor or gets me medicine.

6. She shares and depends on me for the solution of my difficulties when her parents, in laws, or other relatives are coming to stay with us for long.
7. She imposes on me her thinking.
8. She easily gets irritated with my habits or faults.
9. I can tell by her expression sometimes that she says things that she does not mean.
10. Sometimes she listens and tolerates the criticisms of others or family members due to her attachment with me.
11. Even when I can't say quite what I mean she knows how I feel.
12. She expects too much from me.
13. I can't disclose my weaknesses in front of her because I know that she won't be able to accept them.
14. She is ready to take the responsibilities of all activities and duties of family happily if I am not at home for few days.
15. Whether I am happy or sad it makes no difference to her, she is always the same.
16. She is not bothered to give weightage to her opinion while deciding about going to some place or to see a movie.
17. I can give expression to my emotions of love as well as anger easily and without hesitation when I am with her.
18. She interrupts or changes the topic whenever I am talking about something that really means a lot to me.
19. She is a kind of person who can't tell a lie to me even if she thinks that it would help me.
20. I can learn a lot about myself through talking with her.
21. She seems to pressurize me to talk about things that are important to me and often lead me to talk about my deep feelings.
22. She is afraid of me whenever any mistake is committed.

23. Whenever I am in a conflicting situation, she can face upto my anxiety and conflicts.
24. There are times when I don't have to speak, she knows how I feel.

### Section (iii)

How would your husband think you have answered the following? Mark (✓) in the answer sheet according to the instructions.

Note: All the items from wife - Section (i) are repeated here. Only the top questions in both sections are different.

### HUSBAND

#### Section (i)

How true do you think the following are for you? Mark (✓) in the answer sheet according to the instructions given above.

1. If she criticized my faults or habits, she did so in an unreasonable manner.
2. There are lots of things which I could tell her but I am not sure how would she react to them, so I keep them to myself.
3. Even when she talks to me, I can feel that she is keeping distance from me in some or all issues.
4. In my depressed state due to any reason she tries her level best to make me feel better.
5. Even though I am slightly ill, she takes me to the doctor or gets me medicine.
6. She shares and depends on me for the solution of her difficulties when my parents, in laws or other persons are coming to stay with us for long.
7. She imposes on me her thinking.
8. She easily gets irritated with my habits or faults.
9. I can tell by her expression sometimes that she says things that she does not mean.

10. Sometimes she listens and tolerates the criticisms of others or family members due to her attachment with me.
11. Even when I cannot say quite what I mean, she knows how I feel.
12. She expects too much from me.
13. I cannot disclose my weaknesses in front of her because I know that she won't be able to accept them.
14. She is ready to take the responsibility of all the activities and duties of family happily if I am not at home for few days.
15. Whether I am happy or sad, it makes no difference to her, she is always the same.
16. She is not bothered to give weightage to my opinion while deciding about going to some place or to see a movie.
17. I can give expression to my emotions of love as well as anger easily and without hesitation when I am with her.
18. She interrupts or changes the topic whenever I am talking about something that really means a lot to me.
19. She is a kind of person who cannot tell a lie to me even if she thinks that it would help me.
20. I can learn a lot about myself through talking with her.
21. She seems to pressurize me to talk about things that are important to me and often leads me to talk about my deep feelings.
22. She is afraid of me whenever any mistake is committed.
23. Whenever I am in a conflicting situation, she can face upto my anxiety and conflicts.
24. There are times when I do not have to speak, she knows how I feel.

## Section (ii)

How do you think that your wife would answer the following?  
Mark (✓) in the answer sheet according to the instructions given above.

1. If he criticized my faults or habits, he did so in an unreasonable manner.
2. There are lots of things which I could tell him but I am not sure how would he react to them, so I keep them to myself.
3. Even when he talks to me, I can feel that he is keeping distance from me in some or all issues.
4. In my depressed state due to any reason he tries his level best to make me feel better.
5. Even though I am slightly ill, he takes me to the doctor or gets me medicine.
6. He shares and depends on me for the solution of his difficulties when my parents, in laws or other persons are coming to stay with us for long.
7. He imposes on me his thinking.
8. He easily gets irritated with my habits or faults.
9. I can tell by his expression sometimes that he says things that he does not mean.
10. Sometimes he listens and tolerates the criticisms of others or family members due to his attachment with me.
11. Even when I cannot say quite what I mean, he knows how I feel.
12. He expects too much from me.
13. I cannot disclose my weaknesses in front of him because I know that he won't be able to accept them.
14. He is ready to take the responsibility of all the activities and duties of family happily if I am not at home for few days.
15. Whether I am happy or sad, it makes no difference to him, he is always the same.

16. He is not bothered to give weightage to my opinion while deciding about going to some place or to see a movie.
17. I can give expression to my emotions of love as well as anger easily and without hesitation when I am with him.
18. He interrupts or changes the topic whenever I am talking about something that really means a lot to me.
19. He is a kind of person who can't tell a lie to me even if he thinks that it would help me.
20. I can learn a lot about myself through talking with him.
21. He seems to pressurize me to talk about things that are important to me and often leads me to talk about my deep feelings.
22. Whenever I am in a conflicting situation, he can face upto my anxiety and conflicts.
23. He is afraid of me whenever any mistake is committed.
24. There are times when I do not have to speak, he knows how I feel.

### Section (iii)

How would your wife think you have answered the following?  
Mark (✓) in the answer sheet according to the instructions.

Note: All the items from Husband - Section (i) are repeated here. Only the top questions in both sections are different.

Scoring Method:

H = Husband; W = Wives; X = Relationship issue

	Husband's Questionnaire	Wife's Questionnaire
Section (i)	Husband's view of relationship $H \rightarrow X$	Wife's view of relationship $W \rightarrow X$
Section (ii)	Husband's view of wife's view of relationship $H \rightarrow W \rightarrow X$	Wife's view of husband's view of relationship $W \rightarrow H \rightarrow X$
Section (iii)	Husband's view of wife's view of husband's view of relationship $H \rightarrow W \rightarrow H \rightarrow X$	Wife's view of husband's view of wife's view of relationship $W \rightarrow H \rightarrow W \rightarrow X$

A. Agreement =  $H \rightarrow X = W \rightarrow X$

B. Understanding:

Wife's understanding:  $H \rightarrow X = W \rightarrow H \rightarrow X$

Husband's understanding:  $W \rightarrow X = H \rightarrow W \rightarrow X$

C. Realization:

Wife's realization of understanding and misunderstanding of the partner:

$H \rightarrow W \rightarrow X = W \rightarrow H \rightarrow W \rightarrow X$

Husband's realization of understanding and misunderstanding of the partner:

$W \rightarrow H \rightarrow X = H \rightarrow W \rightarrow H \rightarrow X$

D. Feelings of Being Understood:

Wife's feelings of being understood

$W \rightarrow X = W \rightarrow H \rightarrow W \rightarrow X$

Husband's feelings of being understood

H → X = H → W → H → X

The following categories were not scored from the direct scores, but from the two scored categories.

AB(i) Agreement + Understanding (A + U):

Wife's A+U: It was scored where wife's agreement and understanding existed together.

Husband's A+U: It was scored where husband's agreement and understanding existed together.

AB(ii) Agreement + Misunderstanding (A + M):

Wife's A+M: It was scored where wife's agreement and misunderstanding existed together.

Husband's A+M: It was scored where husband's agreement and misunderstanding existed together.

AB(iii) Disagreement + Understanding (D + U):

Wife's D+U: It was scored where wife's disagreement and understanding existed together.

Husband's D+U: It was scored where husband's disagreement and understanding existed together.

AB(iv) Disagreement + Misunderstanding (D + M):

Wife's D+M: It was scored where wife's disagreement and misunderstanding existed together.

Husband's D+M: It was scored where husband's disagreement and misunderstanding existed together.

BC(i) Realization of Understanding (R + U):

Wife's R+U: It was scored where wife's realization existed with husband's understanding.

Husband's R+U: It was scored where husband's realization existed with wife's understanding.

BC (ii)

Realization of Misunderstanding (R + M):

Wife's R+M: It was scored where wife's realization existed with husband's misunderstanding.

Husband's R+M: It was scored where husband's realization existed with wife's misunderstanding.

BC (iii)

Failure of Realization of Understanding (F + U):

Wife's F+U: It was scored where wife's failure of realization existed with husband's understanding.

Husband's F+U: It was scored where husband's failure of realization existed with wife's understanding.

BC (iv)

Failure of Realization of Misunderstanding (F + M):

Wife's F+M: It was scored where wife's failure of realization existed with husband's misunderstanding.

Husband's F+M: It was scored where husband's failure of realization with wife's misunderstanding.

BCD

Understood Correctly: It is scored like BC(i).

Understood Incorrectly: It is scored like BC(iii).

Misunderstood Correctly: It is scored like BC(iii).

Misunderstood Incorrectly: It is scored like BC(iv).